

THE HEARTY, FILLING DIET THAT
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How to
harness more
of your
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SHARE
YOUR STORY,
HEAL YOUR
SOUL

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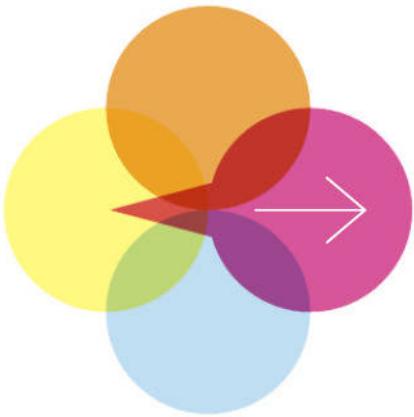
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September 2015

Special

What's Your Story?

108 Nothing is more powerful than the stories of our lives, and everybody has one to share—including you. This month we're offering an entire collection of ways to appreciate all the rich narratives that surround you—and to tell your own true-life tale, whether you want to capture your past or conjure an exciting new plot.



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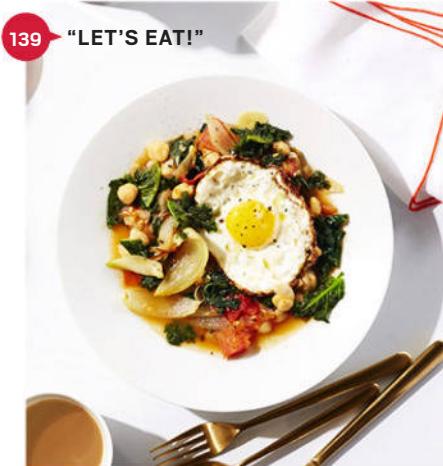
Gayle King has never met a statement necklace or bag she didn't like—and she's got the overflowing drawers and shelves to prove it. Can creative director Adam Glassman save her from herself? *Lisa Kogan* reports.

ON THE COVER: Oprah photographed by Ruven Afanador. **FASHION EDITOR:** Jenny Capitain. **HAIR:** Andre Walker. **MAKEUP:** Derrick Rutledge. **MANICURE:** Roseann Singleton at Art Department using Dior Vernis. **SET DESIGN:** Todd Wiggins for Mary Howard Studio. *On Oprah:* Vest, Barneys New York. Shirt, Lafayette 148 New York. Pants, White House Black Market. Earrings, Emanuela Duca. Bracelets, Aura Collection by Roberto Demeglio. Watch, Apple Watch Edition. Ring, Stephen Dweck. Boots, Chloé. *For details see Shop Guide.*

CLOCKWISE FROM TOP
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CREMENS, CATE ANDREWS.
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“Eggs are the little black dress of your kitchen—sophisticated and simple, versatile and tasteful!”

“No two stories are ever the same. They are our fingerprints.”



130 "JOURNEY TO THE CENTER OF GAYLE'S CLOSET: ACCESSORIES EDITION"



“I’ve needed a few new things... along with all my old things.”



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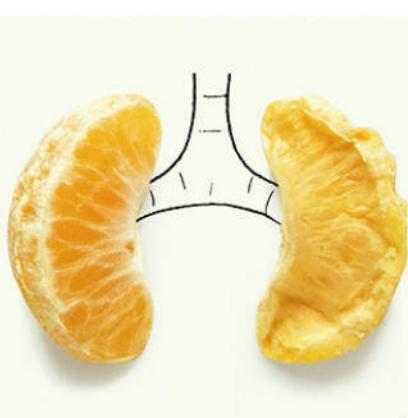
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THE
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OF
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What's one thing you'd never change about yourself?

FOUNDER AND EDITORIAL DIRECTOR

Oprah Winfrey

My belief that most people are inherently good.

DEPUTY EDITOR
Deborah Way

CREATIVE DIRECTOR
Adam Glassman

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Lucy Kaylin
EDITOR AT LARGE
Gayle King

My sense of humor. I don't think I could get through a day without smiling, laughing, dancing, or goofing off!

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Friends have made fun of my enthusiasm for the stuff I love—like Vietnamese food, action movies, and Pee-wee Herman—but being really psyched about things is what makes me me!

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DIGITAL IMAGE SPECIALIST Leonardo R. Celestino

My curiosity! It drives me to always step outside my comfort zone.

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PHOTO EDITOR Scott M. Lacey
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PHOTO RESEARCHER **Deirdre Read**

My ability to whistle. My aunt taught me when I was young so I could call to the horse at my grandparents' house.

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PHOTO Kerry-Anne Doyle
STYLE Janelle Kelly, Elizabeth Malara

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Martha Beck, Nate Berkus, Donna Brazile, Brené Brown, PhD, Meredith Bryan, Michelle Burford, Kym Canter, Jenny Capitain, Susan Casey, Bob Greene, Sanjay Gupta, MD, Andrew Holden, Phillip C. McGraw, PhD, Suze Orman, Mehmet Oz, MD, Maria Shriver, Iyanla Vanzant, Peter Walsh

O'S CIRCLE OF FRIENDS
CONTRIBUTING FRIEND **Schoen Bonura**

My love of napping! In a previous lifetime, I must have been a bear.

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Ellen Levine

Growing up, I hated my bulky legs. Today I've learned to love them because they reflect my hard work and all the miles I've run over the past few years in races and just for fun—1,098 to date!

My appetite. I will never turn down cupcakes in the office, free samples at the grocery store, or a second helping of anything.



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What's one thing you'd never change about yourself?

My ability to bounce back after defeat.

My height. I might be short, but I've got a tall personality.

My laugh! It's hearty and enthusiastic.

My fervent belief that toilet paper should always go over the top of the roll.

My red hair. As I've gotten older, I've grown to love it.

My undying love for Derek Jeter.

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Tina Giberti

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EDITORIAL OFFICES

300 West 57th Street, 36th Floor, New York, NY 10019

ADVERTISING OFFICES

NEW YORK: 300 West 57th Street, 36th Floor, New York, NY 10019 (212-903-5366; fax: 212-903-5388)

CHICAGO: One South Wacker Drive, Chicago, IL 60606 (312-251-5358; fax: 312-251-5311)

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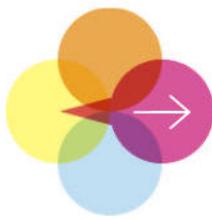
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Contributors

Game Changers

Six of the talents who created this month's issue share their favorite ways to hit the reset button.



SARAH MANGUSO

Writer

"One Day at a Time"
page 120



I always feel transformed when I...get a good nine hours of sleep. Sadly, it's quite rare, which makes it all the more special when I do.

When I need a dose of inspiration, I...listen to choral music. All I need are headphones and YouTube, and I can just disappear into the sound.

I'd love to let go of...my desire to control the future. Despite knowing that it's impossible, I tend to try to plan everything.

One tiny change I made that had a big impact was...beginning sentences with capital letters in emails and texts. If I formalize things, I can better resist going on and on.



MARISA ACOCELLA MARCHETTO

Cartoonist and writer
"Out of This World"
page 102



I always feel transformed when I...put on a new lipstick. It instantly brightens me up—and it's cheaper than shoes.

When I need a dose of inspiration, I...draw. It's a form of meditation. I try to channel the universe and let ideas flow through my hands.

I'd love to let go of...negativity and sadness. I'm a Capricorn, and astrologically speaking, we tend to be blue. I'm constantly fighting those feelings!

One tiny change I made that had a big impact was...eating a healthier diet and exercising more. Today, I'm 54 years old and at the top of my game!



KEN PAVES & SARAH LUCERO

Hairstylist & Makeup artist
"The U.S. of O!"
page 73



We always feel transformed when we...transform somebody else. We've been collaborating for about seven years, and when we get to help someone else find herself, we feel empowered, too.

When we need a dose of inspiration, we...hit the streets of the city where we're working, whether that's Beijing or London. **We'd love to let go of...**our shyness. When we're at events or parties, we usually shrivel up into wallflowers.

One tiny change we made that had a big impact was...making positive declarations in the morning. It has become a ritual for us when we travel together.



AMANDA FREITAG

Chef

"Cracking Up"
page 139



I always feel transformed when I...go to Long Beach, New York. Afterward I'm relaxed, refreshed, and sun kissed!

When I need a dose of inspiration, I...go out to dinner. I recently ate at one of my favorite spots in L.A., Manhattan Beach Post. It always has an expansive menu full of seasonal dishes.

I'd love to let go of...self-doubt. When cooking, my first instinct is to question myself. I just have to say, "This is what you do; you're good at it!" **One tiny change I made that had a big impact was...**doing Pilates. As a chef, I'm always on my feet, and that helps me stand strong.



JEFFREY PHILLIP

Style and efficiency expert
"Journey to the Center of Gayle's Closet"
page 130



I always feel transformed when I...get a haircut. It helps me let go of the old and feel fresh again.

When I need a dose of inspiration, I...change up my scenery. If I can step away from a task and get some perspective, a new idea usually pops into my head!

I'd love to let go of...my vocal exercise tapes. I used to sing musical theater and jazz numbers, but now I only do private performances for my partner and our dog.

One tiny change I made that had a big impact was...turning off the email notifications on my iPhone. I deactivated them last year, and I've never looked back.



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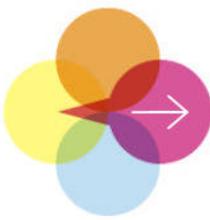
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Behind the Scenes

Walk THIS WAY

For our cover, Oprah took it to the streets.

THE UNLIKELY INSPIRATION behind this month's cover? Paparazzi shots of Oprah shopping in Rome last fall. "I loved the look of her walking down the street with shopping bags," says O creative director Adam Glassman, who had Oprah re-create the scene on a Manhattan street. One security guard was less enchanted by the idea; Gayle King told him: "We have a permit. They just forgot to tell you!" Photographer Ruven Afanador quickly got the shots he needed while Oprah flashed smiles at smartphone-wielding passersby. One couldn't contain himself, shouting, "I love this woman!" —CLARISSA CRUZ



1
THE INSPIRATION
Pics of Oprah's Roman holiday; test shots with her stand-in.



Oprah loved these Chloé boots so much, she took them home after the shoot.

2
THE PRIMPING Makeup artist Derrick Rutledge and hairstylists Andre Walker and Nicole Mangrum help Oprah get her glam on.

"WALK THIS WAY": SIOUX NESS; (4) "WHITE HEAT": JESUS AYALA/STUDIO D. STYLIST: R.J. BENNETT REPRESENTS.

WHITE HEAT

White after Labor Day is not only acceptable—it's encouraged! Here are three ways to wear it through fall and beyond.



COZY CASUAL

1. Sweater, \$82; asos.com. 2. Bag, Gerard Darel, \$710; Bloomingdale's, 212-705-2000. 3. Jeans, Koral, \$198; bloomingdales.com. 4. Scarf, Wilfred for Aritzia, \$75; aritzia.com. 5. Boot, \$395; etienneaigner.com.



SOFT AND SOPHISTICATED

1. Dress, Alice + Olivia by Stacey Bendet, \$297; aliceandolivia.com. 2. Boot, \$150; topshop.com. 3. Bag, \$328; dkny.com.



CITY SLEEK

1. Jacket, \$190; armaniexchange.com. 2. Tunic, Caroline Conistas, \$395; shopbop.com. 3. Bag, COS, \$135; cosstores.com. 4. Pants, \$255; raoul.com. 5. Sneaker, Vince, \$250; nordstrom.com. 6. Watch, \$395; toryburch.com.



QUALITY. TIME.

Rule #1: unplug. There is no rule #2.

LANDS' END

shop at landsend.com

A black and white photograph of two women. The woman on the left has long dark hair and is wearing a black and white striped dress. She is holding a large makeup brush in her right hand. The woman on the right has blonde hair and is wearing a black and white striped dress. She is holding a red lipstick in her right hand and has her finger to her lips. They are both looking off to the side. The background consists of black and white horizontal stripes.

Let's
Beauty



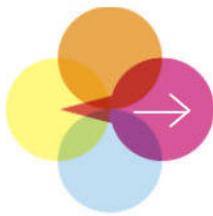
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SEPHORA



The Question

What's on your mind? This month we wondered...

What would be the title of your life story, and why?



Laughing All the Way Back...to Myself! When I was young, I loved to write funny skits and stories, and imagined working for a show like *Saturday Night Live*. After high school, I earned a master's degree and a PhD in English and became a university professor, but still felt personally unfulfilled. Then I launched a humor blog, and what started as a fun distraction has helped me reconnect with a version of myself I didn't know how much I missed!

CINDY MOORE
Glen Arm, Maryland

Badass and Proud of It. My 15-year-old grandson recently said, "You are one badass grandma," and told me he was proud of me for following a different path from other grandmothers. I realized he was right!

LILLIAN HAVERSAT
Freeport, Maine

Hit Me Hot, which is a term designers use when focusing lights onstage. I've been a high school theater teacher for more than 20 years, and I am still in awe of how a chance to be in the spotlight



can transform a young person's confidence and sense of self-worth.

CHRISTA WHITTAKER
Fort Walton Beach, Florida



Travels with a Gourmet. For 20 years and counting, I've been traveling the world. I've lived in 11 countries, experienced local cultures, and enjoyed many memorable meals with newfound friends.

ROSELYN HELBLING
Singapore

Time to Go Home. I'm a classic introvert, and while I enjoy spending time with family and friends, I'm often uncomfortable in large crowds. After a little while, I need to retreat to the quiet of my home to reenergize.

ANGIE KAY DILMORE
Lake Charles, Louisiana

Starting Over! I've been divorced, been married again

to the love of my life, lived in six states, and been downsized out of three different jobs. You just have to work with what life gives you!

MARLENE PYLE
Adairsville, Georgia



Put On Your Big Girl Panties and Get Moving. My life has been a series of seemingly insurmountable obstacles and odd occurrences, but each day I get up with a genuine smile on my face and the drive to keep marching forward! It's not about the destination; it's about the journey.

JORINDA NARDONE
Las Vegas

When You Know Better, You Do Better. Growing up, I always did what I was told. Now, at 47, I know I'm allowed to educate myself and ask questions!

CARLITA GIBSON
New York City

→ **OUR NEXT QUESTION:** What are you most thankful for this year?
Tell us at oprah.com/question or email us at thequestion@hearst.com,
and your response could be featured in our November issue.

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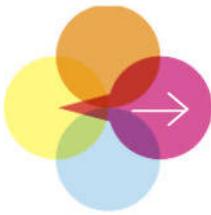
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We Hear You!

In June, you appreciated some frank advice—and one foxy guy.

New and Improved

I have read every issue of *O* for 15 years, and it just keeps getting better. When you said you were sprucing things up, I thought, *If it isn't broken, don't fix it.* But I simply loved the June issue. Lisa Kogan's new column is perfect. She wrote as though she were the best friend of those seeking her advice; her honest, witty, and sensible words were refreshing to read. I can't wait for the next column.

LIZ TOOLE

Truro, Nova Scotia

Doctor's Orders

Just as other people described in "The Doctor Swap," I never wanted to change physicians because it seemed like such a hassle. But last year my gynecologist retired, and I was assigned a new, young doctor. She suggested a different type of mammogram from the ones I'd had for the past 25 or so years, and because of that we discovered I had cancer. Had I followed the old routine, who knows when the cancer would have been found? My new doctor saved my life.

GAYE PIETROCOLA
Norfolk, Virginia

Tasty Delight

I absolutely love getting my copy of *O*. From the front cover to the back page, it's all a treat. June, however, was the best issue ever, with Dwayne Johnson sharing his "best quick dish." Let me say that he would be my best quick dish—with no leftovers!

FRANCES GOWER
Hamilton, Ontario



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O, The Oprah Magazine

JUST SAY

HELLO!

YOUR BACK-TO-SCHOOL ASSIGNMENT:

Join O's **Just Say Hello** Ambassador Project

In March, we launched the second phase of our **Just Say Hello** campaign to fight loneliness. The goal: bring our mission of inclusion to schools across the country. We partnered with Skype in the Classroom, a platform that works with thousands of teachers worldwide, to create **Just Say Hello** chapters with student ambassadors in elementary and middle schools. As a new school year begins, here's a look at how three classrooms met the challenge:

BUDDY BENCH

"Students often feel loneliest at recess, so my students created a 'buddy bench' on the playground," says Darcy Grimes, a fourth-grade teacher at Claxton Elementary School in Asheville, North Carolina. "They decorated the bench with the words *Just Say Hello* and told everyone about it. If anyone felt left out, they could sit on the bench and the ambassadors would come over to talk to them. When a new student started in



*"If you have resilience,
you'll be better off than
when you started."*

– Hillary Nash, business owner

WE ARE #WOMENINSPIRED. WHAT INSPIRES YOU?



“I’m living my dream,” says Hillary Nash, owner of a real estate development company. “That dream may change five years from now. But whatever it is, being resilient will get me there.”

Hillary is inspired to follow her dreams no matter what. See how she and other women empower themselves by pursuing their passions, protecting what they love, investing for tomorrow and much more.

Join them by sharing your story through **#WomenInspired** on Facebook and Twitter. What you’re doing could inspire women everywhere.

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the spring, I told her about the bench, and the first thing she asked was, 'Does it work?' That day at lunch she sat on it, and sure enough, within seconds, she was surrounded by five students. Afterward, she said, 'It really works! I wasn't by myself the first day at recess.'

NO-PHONE LUNCH

"Our students are allowed to use their cell phones during breaks from class and at lunch, but that usually means no one is actually talking to one another," says Carr Fullagar, a teacher at Cape Fear Academy in Wilmington, North Carolina. "Our ambassadors issued a challenge to the entire middle school: Could they go one lunch period without their phones? Not everyone participated, but those who did enjoyed it. One student told me she used the time to play with friends."

FIND-A-FRIEND BOOTH

"Saying you're lonely can be embarrassing," says Scott Bedley, a fifth-grade teacher at Plaza Vista School in Irvine, California. "Our Just Say Hello club members came up with a way to help kids who say they have no one to talk to. They turned an old voting booth into a 'find-a-friend' center that they set up on the playground. Kids could walk in and talk about what they were feeling, and the ambassadors would match the child with another student based on their interests. It's been a huge success—these kids are learning to understand another person's needs and display true empathy."



FEELING INSPIRED?
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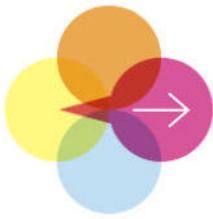
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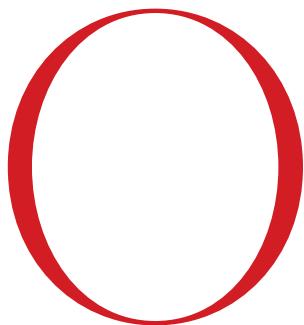
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Here We Go!



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ART DEPARTMENT USING DIOR VERNIS; SET DESIGN: TODD WIGGINS FOR MARY HOWARD STUDIO

ONCE UPON A TIME (several months ago!), we decided to devote an issue of *O* (this one!) to something we adore: a good story. What is it, we wondered, that makes stories so compelling? And can telling your own—really thinking about who you are, where you come from, and where you're going—change your perspective? Maybe even change your life?

To answer these questions, we asked some of the people we admire most to describe how they turn experiences into narrative, whether they're putting words to paper, catching up with friends and family, or simply reveling in the people and places they encounter day to day (page 108). The moral of the story? The world is full of fascinating tales, and they're yours for the taking—and telling. Start sharing your story, and you'll find that all the years



you've lived form a fascinating whole, that old hurts hurt a little bit less in the recounting, and that all that's come so far is just the foreword to what lies ahead.

Of course, no yarn would be complete without a few twists and turns—so watch out for a kitchen makeover that will help you get your own counters and cabinets looking better than ever (page 124); join Gayle King and Adam Glassman on a journey into the heart of obsession—specifically, Gayle's obsession

with necklaces, clutches, and every other kind of accessory under the sun (page 130); and don't miss the diet makeover you never saw coming, starring canola oil and rye bread (page 91). Sure, it might sound weird—but if it has a happy ending, what else matters?

Enjoy!



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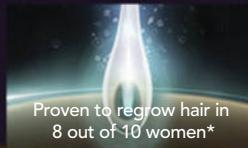
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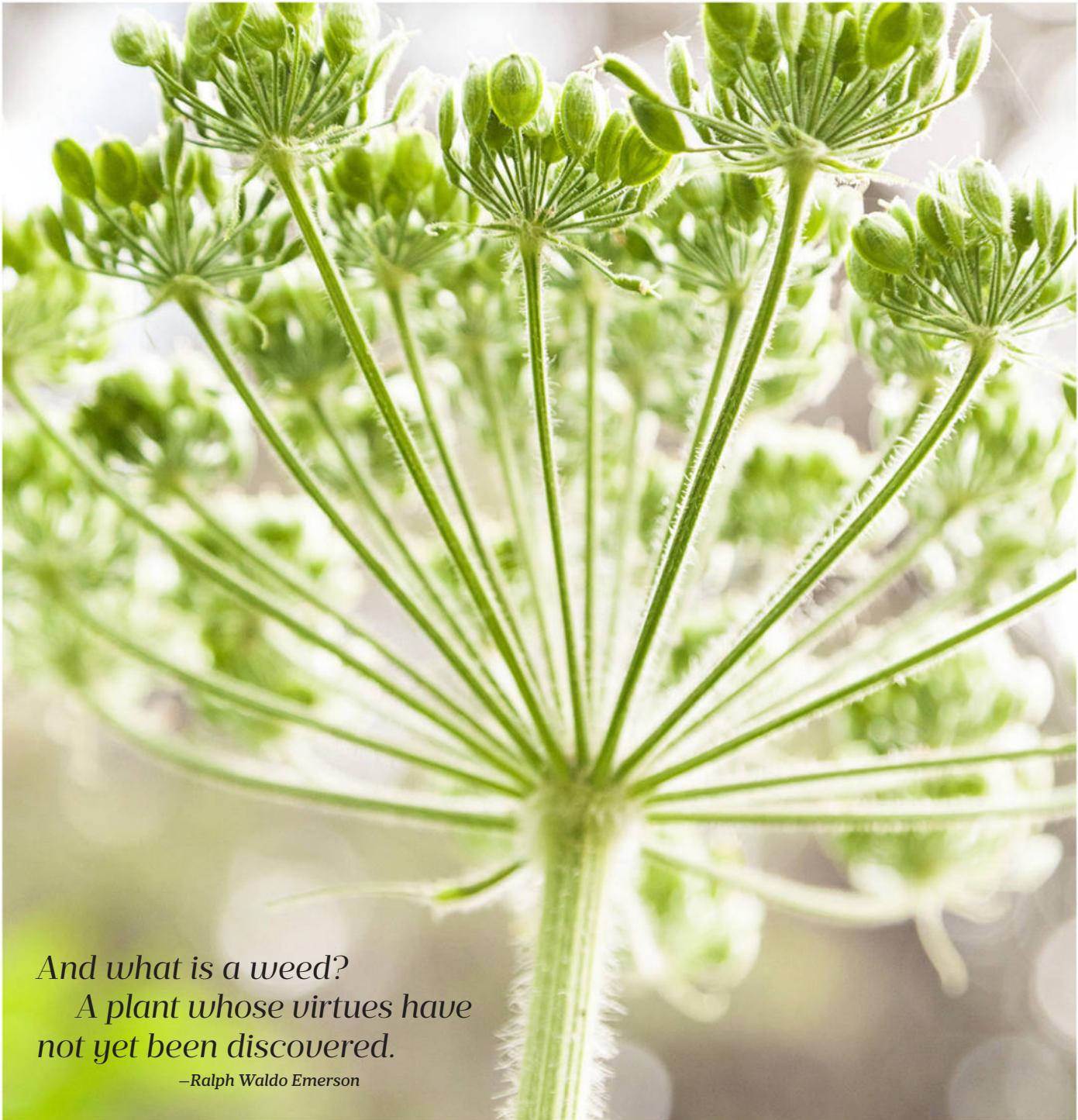


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INSPIRATION, MOTIVATION, CELEBRATION

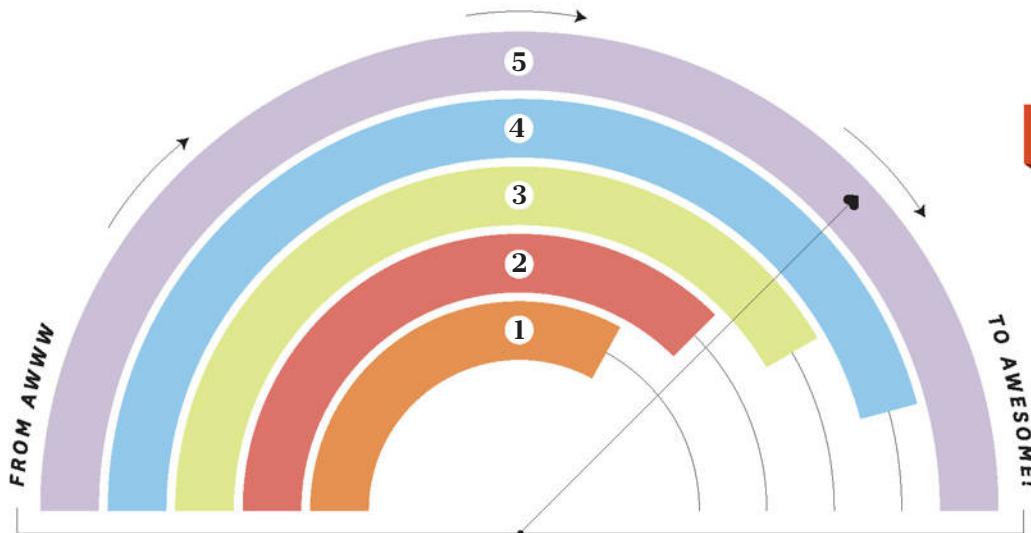


*And what is a weed?
A plant whose virtues have
not yet been discovered.*

—Ralph Waldo Emerson

The Gratitude Meter

Five things we can't stop smiling about this month.



1

PORKY PALS

Here's looking at you, babes. Pumba and Boris, two adorable potbellied pigs from the nonprofit Hog Haven Farm in Colorado, ham it up with residents at memory care and assisted-living facilities in the Denver area. Their oink-tastic antics help stimulate laughter and conversation—and earn them a tasty carrot or two. (hoghavenfarm.org)



2

WISH YOU WERE THERE

Hit the highway with Cardboard America, a quirky collection of vintage 20th-century postcards that pays homage to the heyday of road trip culture. Highlights include a late-'60s *Flintstones*-themed drive-in in South Dakota, the Tall Corn Motel Motor Inn in Iowa, and other classic joints across the U.S. (cardboardamerica.org)



3

LABOR OF LOVE

Meet the Patels, a gleeful documentary opening in theaters September 11, is part *My Big Fat Greek Wedding*, part *Eat Pray Love*. The film follows the romantic adventures of Ravi Patel, an Indian American who, after a breakup, warms to the idea of semiarranged marriage and allows his traditional parents to set him up on dates. What could go wrong?



4

SETTING A HIGH BAR

Coffee, tea, or...the Carry On Cocktail Kit? This sleek travel-size tin is filled with almost all the fixings you need to mix a high-end—and high-altitude—libation on the fly. Just add the right minibottle, and you've got a Moscow mule (Oprah's favorite!), an old-fashioned, or a gin and tonic. Prepare for takeoff. (\$24; carryoncocktailkit.com)



5

BANG FOR THE BUCKS

People who work on *The Big Bang Theory* may not be physicists or engineers in real life, but they do use their heads. Actors (like Jim Parsons, above), producers, and crew members from the show have launched a scholarship fund (over \$4 million so far) to aid students pursuing STEM degrees at UCLA. Twenty whiz kids are already on their way.

—ZOE DONALDSON



YOU DO WHAT?!

McCracken's oil and acrylic painting of "At Last" by Etta James.

Music to Her Eyes

Painter Melissa McCracken has uncommon senses: She can see the songs she hears.

ON DISCOVERING HER TALENT

"I have sound-to-color synesthesia. When I hear music, I see colors, like a filter. I didn't realize I was different until high school: My cell phone was blue, and I chose a Michael Jackson ringtone that looked orange. I told my friend, 'It'll be complementary to the blue!' He was like, 'That doesn't make sense!'"

ON FINDING A FOLLOWING

"I started painting music at 16. After graduating from college in 2013, I worked as an au pair in Germany, and my host mother posted my art on Facebook. Back home, I sold my prints on Etsy. It's now my full-time job."

ON SENSE AND SENSIBILITY

"I'm not a huge fan of country music, which is a muddy yellowish brown. I grew up listening to funk like Stevie Wonder, which conjures up particularly vivid images—probably because his songs are so emotional."

ON HER GREATEST HITS

"I do take requests, but most of my inventory is music I like. People have told me, 'I love your paintings, but I don't like your taste in music.' And somebody once emailed to say, 'I want to buy the print of 'Gravity' by John Mayer, but I can't because I hate him.' Fair enough!"

—AS TOLD TO MOLLY SIMMS

For more on synesthesia, turn to page 96.

Chrissy TEIGEN

The model—and cohost of the new talk show *FABLife*—loves fall, food, and family.

Best INGREDIENT

“Avocado. I go crazy for it. I'll mash it up or smother anything with it—I probably eat three every day. An avocado shortage is my greatest fear!”



Best JOKE

Any story my mom tells. She's from Thailand, and English is her second language, so sometimes she gets all mixed up and delivers the punch line too early. And then she's like, "No, no, no! Wait! Crap!" That moment is usually funnier than the actual joke ever would've been. I crack up every time.

Best FALL ACTIVITY

Making soup. My favorite for a perfect chilly day is tomato basil. I roast some tomatoes covered in olive oil, salt, and pepper until they get super juicy. Then I pour them into a pot, let that simmer, and add a ton of basil and chili flakes—the longer it sits, the better it gets. When it's done, I run it through a food mill or puree it. So flavorful, and a big batch can last a week.

Best DATE NIGHT

Comedy clubs. John [Legend, her husband] and I love going to the Laugh Factory in Los Angeles or the Comedy Cellar in New York. Up-and-coming comedians perform there, but then randomly Chris Rock will pop in to try out new material. Even if all we do that night is eat at home and then go to a comedy club, we feel we did something really fun.

Best WAY TO TAME NERVES

A glass of wine. I don't like to over-rehearse before a shoot or an interview, so I just have a little quiet time with some vino. Of course, I can't overdo it—I don't want to be too relaxed!

Best FAMILY TRADITION

At holiday dinners, we leave out plates of food for deceased relatives. It comes from my mom's Thai background. She'll light incense and make a couple of plates for Grandma and Grandpa. Coincidentally, it always ends up being the part of the meal nobody was going to eat anyway, like the turkey neck. But it's nice to know that even after I go, I'll have a place at the table.

—AS TOLD TO ARIANNA DAVIS



On the Same WAVELENGTH



First it was sharks, then rogue waves. Now, in her third book, *Voices in the Ocean*, Susan Casey turns to a gentler presence in the seas: dolphins. O editor in chief Lucy Kaylin caught up with Casey to ask about our connection to these mesmerizing mammals.

LK: Since long before *Flipper*, humans have been fascinated by dolphins.

SC: Nobody is unemotional around a dolphin. After writing the book, I've come to the conclusion that they really are a sort of mirror of us. Their brains have evolved differently from ours, they don't have hands, they don't build cities, they don't write—but they have societies, they have families, they communicate, they play. When you look in the eye of a dolphin, there's a recognition.

LK: You paint a dramatic picture of the assault on dolphins—by hunters, by our gross mistreatment of the environment. What the hell is wrong with us?

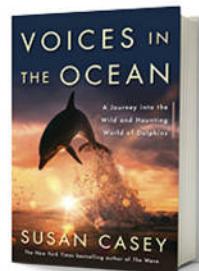
SC: We act like we own the joint, like it's ours to run, but the joke's on us. It can't be us or them because we are connected inexorably with the rest of nature. It's this big, wonderful tapestry, and if we keep pulling apart the threads, we're the losers.

LK: What is it that draws you so forcefully to the ocean and its inhabitants?

SC: As long as I can remember, I've been fascinated by what was going on down there. I love that there is this parallel universe filled with life-and-death action, breathtaking beauty, and all manner of mysteries—and I've always wondered why more of our time isn't spent exploring it.

LK: You worked in the upper ranks of publishing in New York for years—including as editor in chief of O. How hard was it to be away from the ocean, in a world of concrete and honking horns?

SC: I always felt like part of me was waiting to get back—and the longer I was away, the more I missed it. When O talks about living your best life, well, my best life is aquatic. O



Making History

Meet the rap genius behind one of Broadway's most buzzed-about new shows.

ASK LIN-MANUEL MIRANDA, the creator and star of *Hamilton*—Broadway's hit musical about Colonial bad boy Alexander Hamilton, a.k.a. “the best-looking guy on our money”—who he most wants to impress, and his answer might surprise you. It's not the show's big-name fans like Bill Clinton or Julia Roberts, but high school kids. “They're incapable of lying!” says Miranda, 35. “So when there's a quiet moment and they're silent, you know you've got something special.”

Miranda finds teenagers' approval especially gratifying because, he says, “I was that theater-obsessed kid.” As a budding actor and composer at New York City's Hunter College High School, he performed in *A Chorus Line*, *West Side Story*, *Godspell*, and *The Pirates of Penzance*. He's since racked up fans (and awards) by blending his musical background with hip-hop tracks and racially diverse casts, beginning with *In the Heights*, his 2008 Tony- and Grammy-winning debut. With *Hamilton*, he tells the Founding Father's story in rap form, starting with his immigration from the West Indies and concluding with his famous death by duel. The unconventional history lesson draws academics, theater lovers, and even tenth graders into a surprisingly personal, emotional story. “I think people expect *Hamilton* to be witty and high-energy,” the composer says, “but I don't think they're prepared for how moving it is.”

When Miranda—who also writes songs for *Sesame Street* and has appeared on sitcoms like *Modern Family*—isn't dropping revolutionary rhymes, he's spending time with his 9-month-old son, who already has an ear for music. Says Miranda, “You put him in front of a piano, and he will not stop banging until you take him away.” Like father, like son.

—ELYSE MOODY





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EACH OF MOORE'S hand-glazed oyster shells (made of a vanilla bean-infused candy exterior and filled with dark chocolate) is one of a kind.

THE MUSHROOMS in Moore's shop (which look delightful on top of a *bûche de Noël* or a wedding cake) are modeled after toadstools, shiitakes, and even the psychedelic variety. Most caps are filled with chocolate, and some contain bits of pecan or layers of vanilla marshmallow.



IF BITING INTO a starfish or snacking on fall leaves doesn't sound appealing, Andie Moore's creations might change your mind. In a commercial kitchen in Dallas, the 41-year-old confectioner constructs replicas of everyday items out of chocolate, candy, and edible paint: a handful of brass buttons, a smattering of seashells, a group of tiny yellow ladybugs. Moore works with photos or real-life objects by her side to ensure every detail is precise, down to the smooth wooden texture on a Scrabble tile or the minuscule lines on a butterfly wing. Her sea glass is so realistic, you'd think it just washed ashore. "Sometimes I don't know if I should call my candy artwork," Moore says. "I

don't want people to think they can't eat it!"

A stay-at-home mom of four who was trying to "satisfy a creative inkling while the kids napped," Moore launched her business, Andie's Specialty Sweets, in 2010. She'd made wedding cakes and small-scale confections for friends and family, but decided to sell her hand-sculpted treats on Etsy to "earn a little extra Christmas money." When she started receiving more orders than she could handle on her own, her husband sold his pool and spa maintenance business so the couple could tackle her project full-time. Now they provide candies for weddings, food stylists, and customers with a love for the cool and quirky.

Moore's shop turns out edible antique keys and poker chips, but nature is her first muse. "When I was growing up, my family loved exploring outdoors," she says. "There would be a bird's nest in our cabinet or a bowl with pieces of amber. My parents found delight in the littlest things, which filled our eyes with wonder." And of course, *Willy Wonka & the Chocolate Factory* is a major influence. "I love the scene where Gene Wilder takes a bite from a teacup he pulls from a bush," she says. "Making inedible objects seem appetizing—there's something magical about that." —M.S.

LOCAL HERO

TAKE NOTE

The Kid Is All Right

An Irish singer-songwriter puts a grown-up spin on teenage angst.

COMING OF AGE

Bridie Monds-Watson is no stranger to hard work. The burgeoning musician formed a cover band with two friends when she was just 13. Though the trio was short-lived, it inspired the precocious performer from Derry, Ireland, to work on her own material, scribbling lyrics in her room and sending original recordings to radio stations. Soon music executives came knocking—literally. “People were coming to my house every weekend for a month to try to sign me,” says the now 19-year-old Monds-Watson, whose stage name, SOAK, is a hybrid of soul and folk. “We’d sit and talk in the kitchen with my parents!”

STRIKING A CHORD

Last year Monds-Watson inked a record deal; her debut album, *Before We Forgot How to Dream*, intimately captures her formative years. With a hypnotic sound that mixes pop and lo-fi rock, it’s a sharp chronicle of heartbreak, parental strife, and bullying that explores how growing up can be universally challenging for *all* ages. Her sophisticated lyrics have led some to describe Monds-Watson as wise beyond her years. But she says, “I’m just writing what I know.”

NEXT CHAPTER

This fall Monds-Watson will tour Europe and the UK (“I’ve been to more than 60 countries in three years!”). While her youth has fueled her songwriting, it’s had its drawbacks: “When I was younger, security would ask for my ID, even if I had a festival pass,” she says. “And the tour manager had to come rescue me—it got awkward.” —Z.D.

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Artists in RESIDENCE

Sculptor **Vanessa German** has created a bright spot for kids in a struggling community.

THE SMALL PITTSBURGH neighborhood of Homewood, a low-income area plagued by high crime rates, is full of vacant lots and row houses. In 2010, 30 percent of homes stood abandoned. But in the bleak surroundings, one building catches the eye: the ARThouse, decorated with vibrantly colored handprints and a cheerful sign in one window that says HOPE.

The ARThouse is home to Love Front Porch, a community arts initiative run by artist Vanessa German. “The kids in this neighborhood have seen some horrific

things,” says German, 39. “So I want this to be a space where they can paint, make T-shirts, work with clay—and access the best parts of themselves.”

German, a Los Angeles native, had been living in Homewood for four years when she began working on her front porch because her basement studio was too crowded with sculptures. Soon, curious young neighbors were coming by to watch, and German started setting out art supplies for her guests. “Some days I had 15 kids in my yard!” she says. When word spread about her informal after-school program, German

asked to take over a larger nearby property from a low-income-housing corporation; eventually, the ARThouse was born.

Now the ARThouse, open to kids and adults, has moved to a larger permanent home, which German bought with donations and proceeds from her sculptures. While the new house needs rehab, the most important decisions have already been made. “I asked the kids what color the floor should be,” German says, “and they pointed to this little girl Angel’s turquoise church shoes—so that’s that!” —Z.D.



German, in 2013, with then 5-year-old Rashawn Daffin and friends. Below: Shay Clifford, 14, shows off her work. “I believe art can be life affirming,” German says.



SOAK performing in Norwich, England, in May.



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THE WORLD ACCORDING TO **Gayle**

O's editor at large shares what she's loving this month.



IF IT SEEMS TOO GOOD TO BE TRUE...

it is—and the film *The Perfect Guy*, starring Sanaa Lathan, Morris Chestnut, and a super-creepy Michael Ealy, proves it. The only thing I'll tell you about this love triangle from hell is that thanks to a twist nobody sees coming, when you think you know how this thriller will end, you don't!

THE THEME SONG OF MY DIVORCE WAS...

"That's the Way Love Goes," so I've always had a special place in my heart for Janet Jackson. I've never managed to catch her in concert, but luckily, that's about to change. Her first tour in four years kicks off August 31. It's great to have her back, looking beautiful and strong, and ready to put on a fantastic show.



My father once told me that marriage is the most important decision of your life—but it should be the easiest.



Spanx: Don't leave home without 'em. Sara Blakely and I never do!

IN JUNE, I MODERATED A FORBES WOMEN'S SUMMIT PANEL...

where Spanx founder Sara Blakely shared this quote and talked about having resisted marriage for a long time. But when she met her husband, Jesse, she finally knew her dad was right. There's an awful lot of truth in his advice.



WHEN LIFE HANDED MIKAILA ULMER LEMONS... in the form of her first bee stings, she made lemonade—literally. After her parents encouraged her to learn about the importance of honeybees, she created BeeSweet Lemonade: made from her great-granny's recipe, sweetened with local honey, and sold at Whole Foods. A percentage of profits helps save bees. I predict big things for this girl!



I ADORE MELISSA McCARTHY...

in the movies, on *Mike & Molly*, and now on the runway. Her new fashion line, Melissa McCarthy Seven7, is mix and match, polished and edgy, terrifically affordable, and great news for women who don't want to give up on style just because they happen to wear a size larger than 12. Her clothes fit every body on the planet, and I say amen to that! (melissamccarthy.com)



GUESS I'LL BE LOSING A LITTLE MORE SLEEP THIS MONTH...

when Trevor Noah debuts as the host of *The Daily Show* and Stephen Colbert takes over *Late Show*. Noah has some big shoes to fill, but everyone who knows him says he's up for the challenge. Colbert is coming in with a lot of goodwill and a ton of talent as he ditches his "Mr. Obnoxious" persona and introduces us to the real him. I'm cheering them both on!

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May We Help You?

EXPERT ADVICE, INSIGHT, REALLY SMART MOVES

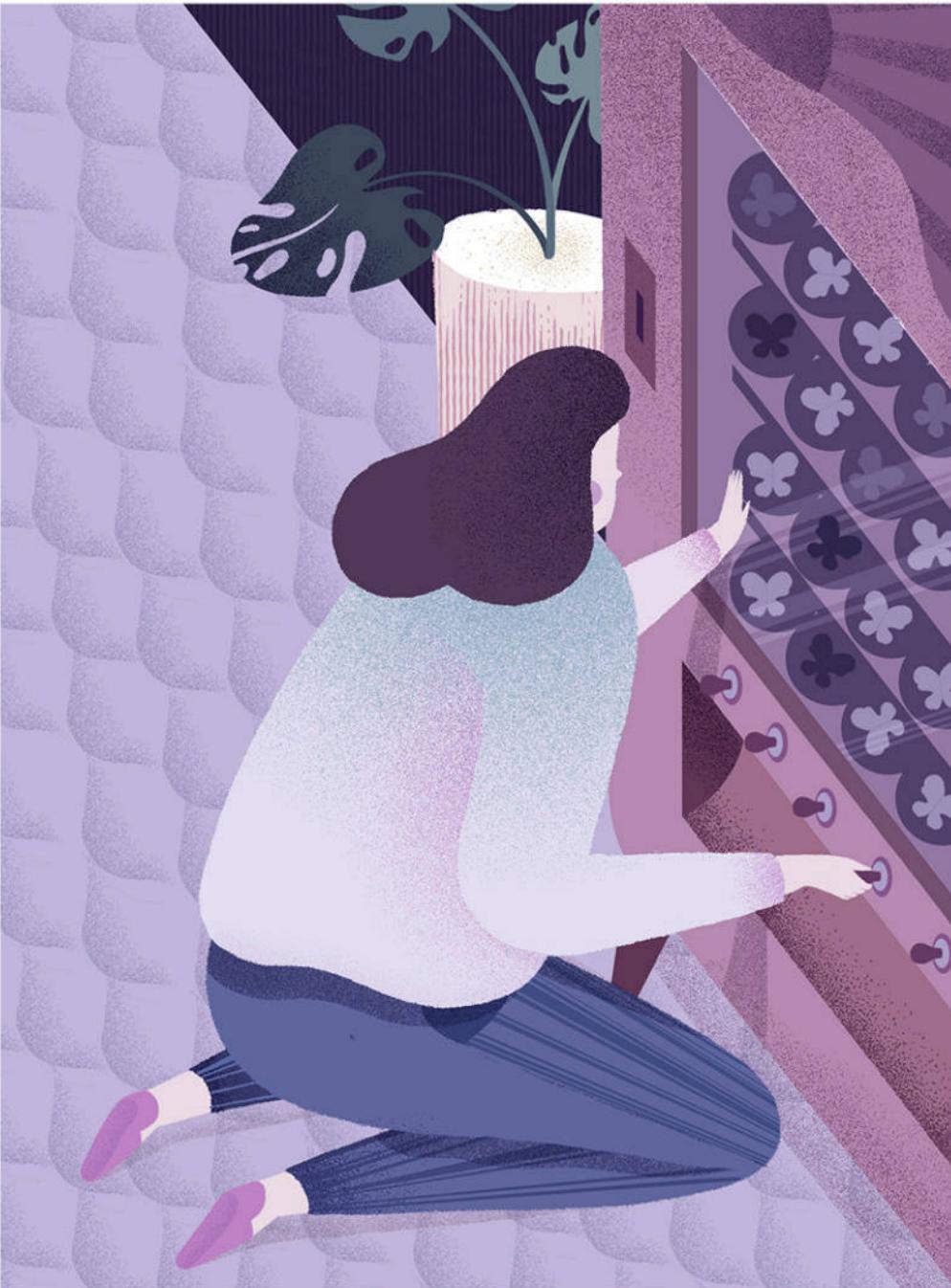
Life's Not Fair

It's possible to face that fact with grace, says *Martha Beck*. You just have to stop expecting fate to dispense satisfying little packets of justice.

“**I**

F YOU THINK life's a vending machine where you put in virtue and you get out happiness,” a character on the TV show *Six Feet Under* once noted, “then you're probably going to be disappointed.” Most people find this out the hard way. I suspect you did. The times when you obeyed all the rules and got punished anyway, ate righteously and still got sick, worked yourself half to death to achieve a goal only to feel depletion and disappointment rather than the happiness you expected—the happiness you paid for, by God!

For thousands of years, wise observers have pointed out that whatever's in charge of the universe “maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust.” And for thousands of years, the rest of us have answered: “Wait—what?” No matter how routinely it happens, we're shocked and appalled to see good folks shivering in downpours of ill fortune while their villainous, luxuriantly tanned enemies send postcards from sunbaked beaches. →



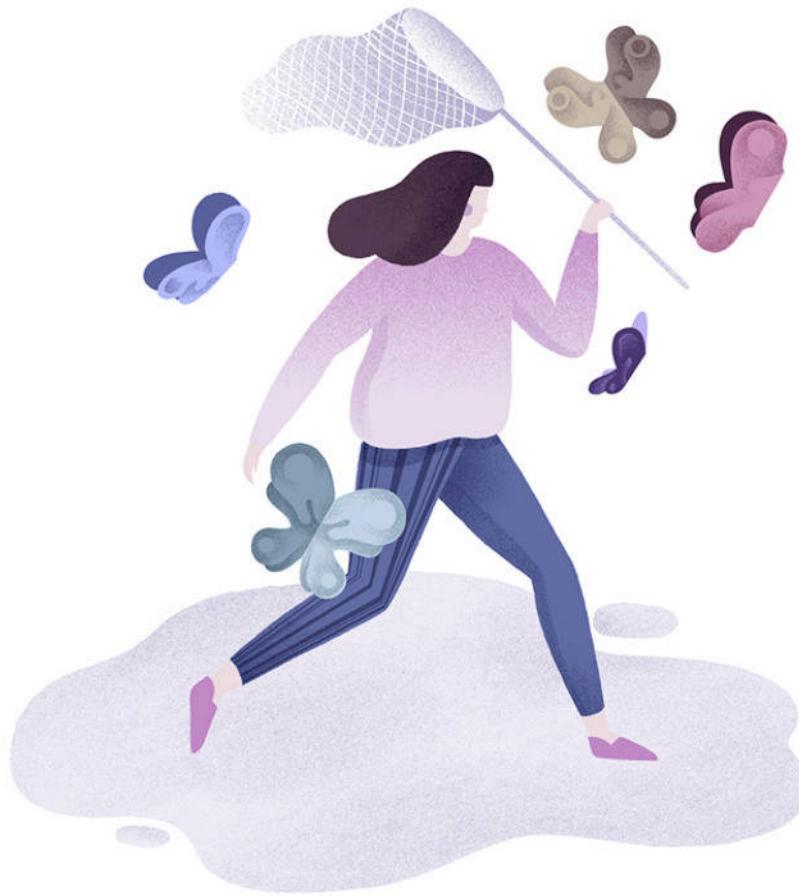


Perhaps this indignation arises from some innate sense of justice. That's what the French doctor Jean-Marc Gaspard Itard started testing in 1801, when he took on the care of Victor, a "wild child" who'd spent an estimated seven of his first 12 years in the woods (being raised by wolves...or squirrels—we'll never really know). Victor had only a rudimentary understanding of human language and social convention. Yet when Itard experimented by punishing him for behavior that usually earned him a reward, the poor child struggled mightily against his punishment.

Whether or not we're born with it, we're certainly socialized into the belief that the nickels and dimes of virtuous acts will drop snack-size potato chip bags of happiness into our lives. Our parents offer praise for obedience; our bosses give productive employees promotions and unproductive ones pink slips; our courts (at least try to) punish misbehavers and recompense the wronged. And of course, an endless stream of books, movies, and TV shows offers us narratives in which the good guys win, over and over, while the bad guys ingloriously fail.

No wonder we're stunned when we follow the path of compliance into catastrophe. This doesn't feel like bad luck; it's like an unfathomable malfunction that, in the words of Anne Lamott, would make Jesus want to drink gin straight out of the cat dish. While we're coping with our misfortune—the cancer, the divorce, the bankruptcy—we may also lose faith in the basic rightness of life itself. Some of us spend years kicking the cosmic vending machine, raging at anyone (parents, psychiatrists, lovers, politicians) who might be in a position to cough up the happiness we've paid for, or at least give us our money back.

Of course, like any impossible task, this effort produces only exhaustion and despair. At some point, even the strongest burn out. Maybe you've reached this limit, plunging from violent outrage into numb nonresistance. Or perhaps—especially if your suffering has been intense—you've tried to find relief. Maybe you finally went to a therapist, or learned to meditate, or found yourself downward-dogging away in the yoga pants you swore you'd never wear.



We've been taught to use the wrong kind of virtue and expect the wrong kind of reward.

These kinds of responses teach us to stop attacking the imaginary vending machine; instead, we sit down beside it, in all our furious disappointment, waiting for new insight to arise. And here's the thing—though this approach won't prevent a lifelong do-gooder from getting cancer or keep a lightning bolt from striking down the nicest person in town, that insight *will* arise. Following paths of stillness and curiosity, rather than rage and despair, we eventually make a fascinating discovery: Although the righteousness-reward theory hasn't worked for us so far, it contains a bright thread of truth. There is a kind of virtue that really does buy happiness. The problem is, we've been taught to use the wrong kind of virtue and expect the wrong kind of reward. We've been plunking euros into a machine geared for dollars, expecting chocolate from a machine that contains only fresh fruit. To get the machine functioning correctly, we need to tweak a couple of definitions.

Let's consider virtue first. Most of us have been taught that it's a trait synonymous with adherence to social rules: our family's way of loving, our peer group's way of achieving, our social class's politics and manners. We think it's virtuous to do what other people want. We may believe this so deeply that we override our innate inclinations. Psychologist Stanley Milgram famously designed a study in which a researcher instructed ordinary people to administer painful electric shocks to a fellow study participant (actually there were no shocks; the subject was an actor pretending to be in pain). Even when they heard a fellow human screaming and begging for mercy, many people went on shocking him just because a scientist intoned, "The experiment requires that you continue." Following rules? Not always virtuous, it seems.

Now consider happiness. You may believe it comes from external phenomena: praise, money, status, adoration. But even when we

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attain these things, the happiness they create is temporary and unreliable. External rewards may bring a surge of elation, but it quickly fades, leaving the millionaire still fearing financial loss, the beloved actor still suicidal, the aging supermodel still hating her body. If you've experienced this pattern—effort, followed by achievement, followed by elation, followed by a letdown—you may still be tenaciously striving, thinking just a little more money, fame, or beauty will make you happy. Observe the evidence. Save your strength.

Try this: Define *virtue* as living in perfect alignment with what you most deeply feel to be true, and *happiness* as an upwelling of joy that arises directly from this alignment, regardless of external factors. Then run your own experiment. With these new definitions, you'll find that the virtue-in, happiness-out vending machine works. It really, truly does.

I've experienced this myself. Several times, I've broken the rules of my culture to follow my sense of truth—ended my marriage, left my church, chosen to be vocal in my dissent. Each time, I've lost relationships and money, experienced social shaming, even suffered threats to my life and liberty. I won't lie: It hurt. A lot. Yet, paradoxically, each choice also increased a flow of happiness that seemed to arise for no reason except that I'd stopped blocking it. I was amazed to feel peace trickling through sorrow and disappointment, gradually dyeing everything some shade of happy.

When people experience this—despite outward losses—they begin blooming like flowers, from misery to surrender to thoughtfulness to inner peace. Alignment in, joy out. In sickness and in health, for richer and for poorer, that machine works.

If you'd like to experience this for yourself, join me in something I call an Integrity Cleanse. The word *integrity* (from *integer*) means "wholeness." Living in integrity means expressing and doing what's true for you in all situations. Depart from your truth in any way—offer a fake smile, flatter your awful boss, marry for money—and you become two people: the truth knower and the lie actor. That's duplicity. And duplicity, not social noncompliance, is the real enemy of joy.

To start the Integrity Cleanse, first ask yourself, *Where am I out of integrity?* Where are

you not feeling what you feel, knowing what you know, saying what you believe, and doing what feels most right? Once you've identified the duplicity, come back into integrity. Speak your truth. Act on it. No matter what.

Sound radical? It is. Plop integrity into an unfair system, and you'll get back disapproval or attack. People have been imprisoned for living with integrity. People have died for it (sometimes moving society a little closer to equality and liberty in the process). Even if your consequences are relatively minor—your parents object when you leave graduate school, your book group mocks your political stance—they'll still sting. At first you may feel the same old outrage: "I put in virtue and got back punishment!" Stay the course. See what happens.

I've watched many people take Integrity Cleanses. They often leave (or experience rejection in) situations that don't match their truth. This can feel like the end of the world—because it is: the end of the illusory world where rule following buys happiness. Refusing to give a drug-addicted loved one more money; quitting the secure, horrible job; stating your beliefs to bigots—such actions may feel like dropping atom bombs on your own safety. You'll certainly be afraid. Maybe sad and angry as well. But almost immediately, you'll also feel an indescribable relief, as if a broken bone that healed badly has been reset in its correct alignment.

Continue your Integrity Cleanse and you'll begin to see how the cosmic vending machine really works. You'll find ways of thriving in the world as yourself, not someone else's puppet. Despite all the challenges, that will feel good. In fact, it will feel amazing.

But don't take my word for it. Try putting complete integrity into the vending machine of your own life, and sample what you get back. Even though the reward may not be what you expect, and although some bitterness may mingle with the sweetness of living your truth, I doubt you'll ever have tasted anything quite so delicious. ☺



Martha Beck's latest book is *The Martha Beck Collection: Essays for Creating Your Right Life, Volume One* (Martha Beck Inc.).



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Suze Orman

Countdown to College

The key financial moves every parent needs to make.



→ **THE BIGGEST MONEY WORRY** among parents with young children? How they'll afford the cost of their kids' education. But worry doesn't solve anything—careful planning does. Whether you're 18 years or 18 months away from dropping off your baby at the dorm, here's your paying-for-college cheat sheet:

18
YEARS
OUT

Step 1: I know you want to give your all to your little one. But I don't want you saving a penny for college unless you pass my priorities test:

- Are you where you need to be with your retirement savings (putting away at least 10 percent of your income)?
- Are your own college loans paid off?
- Do you pay your credit card bills in full each month?
- Do you have an eight-month emergency fund?
- If you plan to buy a home, are you on track to make a 20 percent down payment?

Step 2: Even if you can't afford to pay into a college fund, your extended family may want to. Contributions to a 529 Plan grow tax deferred. Withdrawals for approved college costs are completely tax-free. And with most plans, the lifetime contribution limit is more than \$250,000. To find the best 529, go to oprah.com/529advice.

13 YEARS OUT

Start teaching your kids the value of money with chores that pay an allowance. In a few more years, you can have them sit with you and control the mouse while you pay your bills online.

4 to 5 YEARS OUT

It's time to let your kids know if—and to what extent—you'll be able to help with college costs. The Financial Talk should empower your kids, not scare them, so offer tangible ways they can help pay:

- A.** Build a strong academic résumé to up the odds for a merit-based scholarship.
- B.** Do part-time work—with the intention that a portion of earnings will be used for college. I suggest a minimum of 50 percent.

3 YEARS OUT

Start getting the lay of the land. The majority of families receive at least some financial aid, and all schools offering federal student aid must provide a calculator to help you estimate your actual tab. Google the name of a school your child is interested in with the term "net price calculator."

2 YEARS OUT

Step 1: As your teen considers schools, make sure she chooses at least one from each bucket:

- A.** Dream School If You Get a Lot of Aid. Keep in mind that the priciest schools may offer the most help.
- B.** Great School That Would Drool to Have You Attend.
- C.** Your Top In-State School. The average all-in cost at an in-state, four-year public school is about \$10,000 less than the typical all-in for a four-year private education (\$23,550 versus \$12,830).

Step 2: Plan your loan strategy. This is arguably your most critical step if you want to avoid ending up in long-term financial straits.

 **FEDERAL LOANS FOR STUDENTS:** Even if they don't qualify for a subsidized federal loan, all students are eligible to take out an unsubsidized one. Federal loan rates are typically the lowest available.

 **FEDERAL PLUS LOAN FOR PARENTS:** The only way I approve of these is if you'll be able to keep up with your retirement savings—and pay off the loan in ten years or before you retire, whichever comes first.

 **PRIVATE LOANS:** These loans have horrible interest rates and unfriendly payback plans.

Step 3: There are scholarships for all kinds of kids, from golf caddies to Florida residents who are interested in horticulture. Fastweb.com has search tips and a fabulous scholarship database.

1 YEAR OUT

To be considered for financial aid, you need to submit two forms:

 **FAFSA (FREE APPLICATION FOR FEDERAL STUDENT AID):** Nearly half of households with college-bound seniors fail to complete this application for federal loans—leaving almost \$3 billion of grant money on the table, according to NerdWallet.com. You can apply as early as January of senior year; aid is often given on a first-come, first-served basis. (fafsa.ed.gov)

 **CSS/FINANCIAL AID PROFILE:** For school-based aid and scholarships, many colleges require information not asked for on the FAFSA. Nearly 400 schools accept this form, which can be submitted as early as October of senior year. (css.collegeboard.org)

DECISION TIME



I want you and your child to pick a school that won't jeopardize your financial futures. Do not use a home equity line to cover costs—or reduce your retirement savings. College at any cost: not worth it. College that's affordable: priceless. ☺

 **Suze Orman's latest book is The Money Class: How to Stand in Your Truth and Create the Future You Deserve** (Spiegel & Grau).

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Too Much of a Good Thing?

Some healthy habits are best in moderation.

→ When people ask me what they can do to improve their health, I always tell them to drink more water, because so few of us ever get enough. Recently, though, I met a young woman who took the advice too much to heart by downing no fewer than 25 glasses a day. In addition to feeling constantly bloated—even nauseated at times—she couldn't make it through a night without waking every few hours to use the bathroom. And while she didn't experience the dire result of too much water (a condition called hyponatremia, in which the body's blood sodium level drops dangerously low), her story does highlight that seemingly harmless practices can have unwanted consequences if you go overboard. Consider:

► SLEEPING

An occasional super-snoozefest is normal, but if you're clocking way more than the recommended seven to eight hours regularly, be careful. A new study in the journal *Diabetes Care* revealed

that for every hour beyond seven that subjects slept, their risk of type 2 diabetes increased by 14 percent. Longer sleep is associated with elevated levels of inflammatory markers that have been linked to increased diabetes risk.

► DRINKING MILK

If milk is your go-to bone-boosting drink, listen up. A 2014 Swedish study of more than 60,000 women found that those who drank 21 ounces or more daily had a 60 percent higher risk of hip fracture. One potential culprit is D-galactose, a type of sugar found in milk that lab studies have shown to weaken bones.

► USING OLIVE OIL

Healthy fats are all the rage these days—consuming them in place of saturated fat may help prevent heart disease and lower cholesterol levels. But that doesn't mean the calories don't count. With 120 in just one tablespoon of olive oil, you shouldn't get too heavy-handed with your pour. Limit yourself to two tablespoons a day.

► RUNNING

I'm all for cardio, but a review in *Mayo Clinic Proceedings* suggests that too much may be harmful. Researchers who looked at studies of marathon runners and other endurance athletes found that long, intensive workouts can sometimes cause structural changes in the heart, increasing the risk for conditions like arrhythmia. That's not to say you should put away your sneakers, but don't beat yourself up if you're not logging mega miles; just 75 minutes of running (or 150 minutes of brisk walking) per week is a fine benchmark to strive for, according to the CDC.

► BRUSHING YOUR TEETH

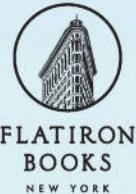
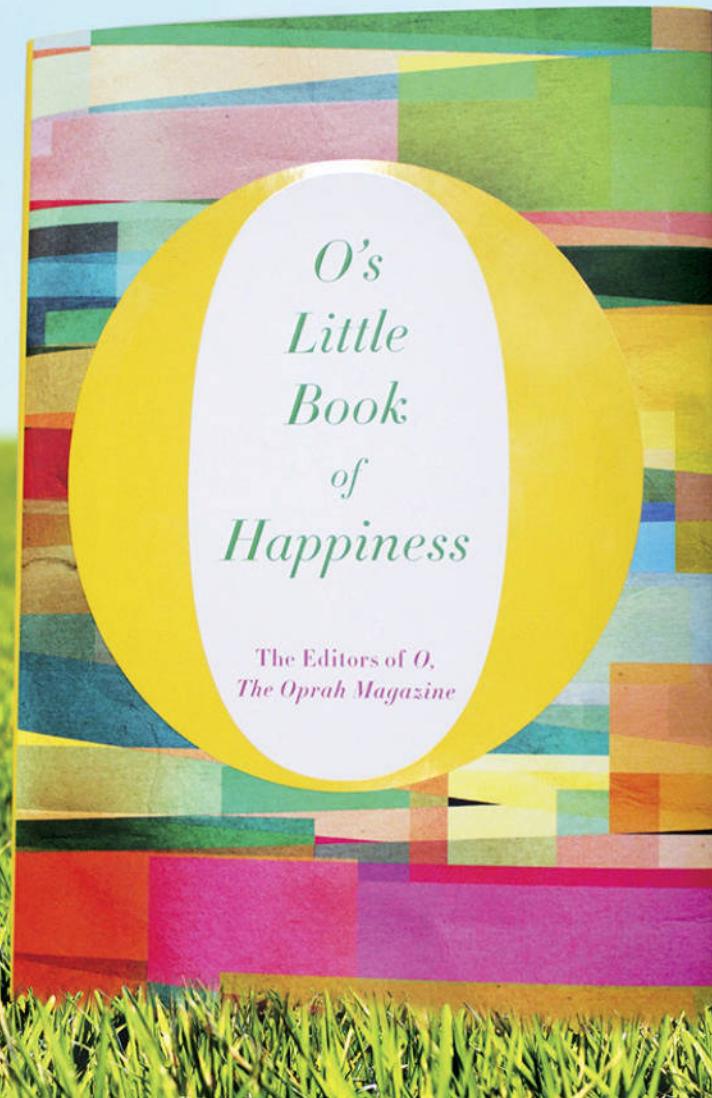
Brushing too often (or too hard) can cause excessive wear and tear on your pearly whites. Surprisingly, your toothbrush's rough bristles aren't only to blame—your toothpaste can also be a culprit. Most brands contain abrasive compounds, such as calcium carbonate and hydrated silicas, to remove plaque, food debris, and surface stains. But when toothpaste is used too much, the compounds may strip away enamel, especially if you've just eaten something acidic. Brushing twice a day is good enough—and don't forget to floss! ☐

Mehmet Oz, MD, is the host of The Dr. Oz Show (weekdays; check local listings).

PHOTOGRAPH BY Devon Jarvis

“The path to happiness is rarely
a straight line, but there are
so many opportunities
for wisdom along the way.”

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Dear Lisa

Mama Drama, Guesting Games & Bathroom Blues



Dear Lisa,

My mother-in-law has a habit of inviting herself over...constantly. When I say, "Today isn't convenient; please come tomorrow instead," she turns right around and calls my husband on his cell. He doesn't want her dropping in on us all the time any more than I do, but she always manages to manipulate him into relenting. When I try to discuss it, he just shrugs and says, "You know how she is." How do I deal with a mother-in-law who won't take no for an answer? —HELP, PLEASE!

Dear Mother Smothered,

I believe it was Abraham Lincoln who said, "A house divided against itself cannot stand up to a lot of unwanted mother-in-law visits." Of course I'm paraphrasing here, but you get the idea.

I've been lucky, as my mother-in-law and I have always had a lovely relationship. Is this because we're both delightfully easygoing? Is it the fact that she lives on another continent? Is it the way she doesn't speak a word of English and my German vocabulary consists of Volkswagen and strudel? Who's to say? All I can tell you is that it's working out great.

But given that you have not been blessed with a mother-in-law in a different time zone, here's the plan. Step 1: Together you and your husband must sit his mother down and say, "Our jobs and our lives are getting increasingly complicated, but we certainly don't want to miss out on our time with you, so let's set a regular weekly date to catch up over a meal. We can do either every Wednesday at 7 or Sunday brunch."

Chances are she won't go down without a fight. She will guilt, she will steamroll, she will test the boundaries in the same fashion that a child who's accustomed to getting his own way does until he's finally told no by somebody who actually means it. If your husband can't stick to the program, then he should not be answering his cell phone. If she decides to show up despite your telling her not to, then you must grab your coats, explain

that you're just on your way out but you're really looking forward to dinner Wednesday, lock the front door behind you, jump into the car, wave bye-bye, and take yourselves for a drive! This may sound dramatic, but your alternative is to become a mob informant and join the witness protection program.

Step 2: Has it occurred to you that your mother-in-law might be lonely? Use her birthday, Valentine's Day, Saint Patrick's Day, April Fools' Day, Arbor Day, Memorial Day, Labor Day, Tuesday, virtually any excuse to treat her to a Chinese cooking class, French lessons, a lecture, a museum tour, anything filled with nice people who—and this is crucial—are not you. Look into a book club in her neighborhood, yoga for seniors, volunteer work with juniors, whatever might expand her horizons, increase her sense of purpose, refocus her interests onto something that—and this is crucial—is not you.

Step 3: Go easy on your husband. Of course his mom knows how to push all his buttons—she's the one who installed them.

You see, my friend, at the end of the day, you've got two choices: You can answer your mother-in-law's neediness with compassion, her bullying with the clear message that this behavior won't be tolerated, her stubborn refusal to hear you with a promise not to let it affect your marriage. Or, you can smile, nod, and keep repeating the words Volkswagen and strudel until she gives up and leaves the country.

Dear Lisa,

I just received an invitation to a child's birthday party. His mom texted me a photo of the printed invitation she had mailed to the other guests. Is it okay to simply send a photo of the gift I'd have considered giving? —B-LISTER

Dearest B,

I have to admit your solution has struck a fantastically satisfying chord deep in my passive-aggressive little heart. Then again, have you ever thrown a kids' party? Invariably, Caleb bites, Piper is allergic to everything but endives, and the face painter has a disturbing fondness for Vicodin. Give your harried hostess a break—go and have fun. If it happens again, a talk may be in order.

Dear Lisa,

I recently exited a bathroom stall at work just as the woman in the next stall was coming out. She left without stopping at the sink. An hour later, I was introduced to her, and suddenly, we were shaking hands. What should I have done? —DISGUSTED IN DAYTON

Dear How Could You Be Anything Else?

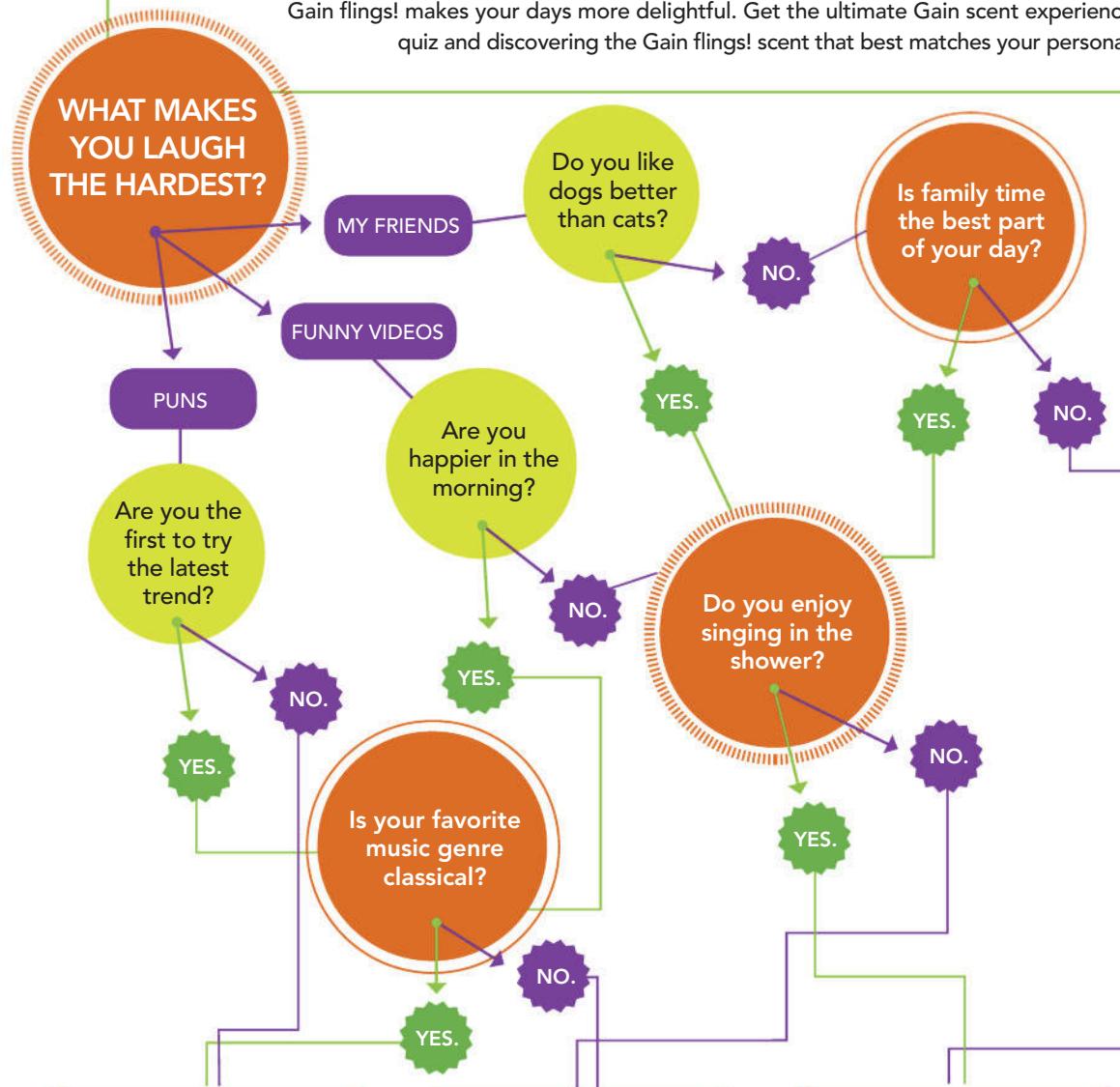
They say that honesty is the best policy, but I subscribe to a lesser-known saying: "Not getting typhoid is the best policy." You should have said, "I've got an awful stomach bug. We better play it safe and not shake hands. Ever." Since you weren't able to do this, I hope you were able to swan dive into a vat of Purell. ☐



Lisa Kogan is O's writer at large and the author of *Someone Will Be with You Shortly: Notes from a Perfectly Imperfect Life*. To ask Lisa a question, email asklisa@hearst.com.

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The List

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just great!

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PROP STYLIST: JILL EDWARDS FOR HALLEY RESOURCES. FOOD STYLIST: HEATHER MELDRUM FOR BIG LEO.



▲ Graphic, Novel

Golden rule: School supplies are more fun to use when they're handpainted with whimsical stripes. (Hay wooden ruler set, originally \$29 for set of three, now 20 percent off with code OPRAH; aplusstore.com)



◀ Fancy Footwork

Prevent dorm shower cooties with these lightweight, comfy (the toe strap is extra soft) flip-flops sweetly decorated with digital 3-D prints. (So-Nu Licorice and Sweets flip-flops, originally \$20 each, now 20 percent off with code OPRAH; itssonu.com)



▲ Joy Ride

Cut a sunny swath through campus on this lightweight, seven-speed city bike (available in 12 cool colors) that's as comfortable as it is stylish. Bonus: The smaller, 26-inch wheels make it a snap to store. (Tokyobike Bisou in saffron, \$695; tokyobikenyc.com)



Leader of the Pack

Shouldering textbooks has never looked more chic, thanks to water-resistant nylon backpacks in vibrant colors and a modern puffer design. (Quilted backpacks, originally \$148 each, now 20 percent off with code OPRAH; serenaandlily.com)



◀ Greek to Us

Sorority girls can show their loyalty with these bright throw pillows, monogrammable with their house letters. (Greek monogram pillow cover, \$49 each; pbteen.com)



THESE ARE MADE OF CHOCOLATE!



◀ Flex Time ▶

You can work all the angles with this cleverly designed, extra-bendy desk lamp, a color-happy collaboration between British designer Paul Smith and British brand Anglepoise. (Anglepoise + Paul Smith Type 75 Desk Lamp, Editions 1 and 2, \$240 each; us.anglepoise.com)



◀ Time Traveler

Surreptitiously check your texts and emails during class with this sporty Apple Watch (available in five colors) that can also answer calls, track your steps, work your apps, and, oh yeah, tell time with a flick of the wrist. (Apple Watch Sport 38-millimeter silver aluminum case with green sport band, \$349; apple.com)



▲ Crowd Pleaser

Late-night munchies are no match for this mean machine—a coffee maker, toaster oven, and griddle all in one. It can brew four cups of coffee, heat four slices of pizza, and cook as many grilled cheeses as you can cram on the hot plate. (Cooks 3-in-1 Cooking Station, \$100; jcpenney.com)



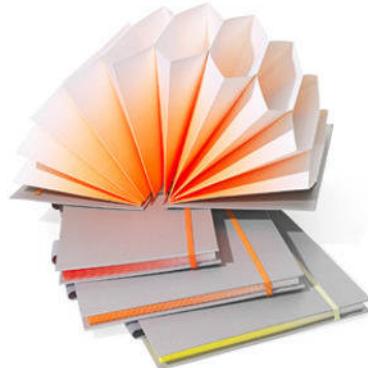
It's in the Bag ▶

An easy way to fuel an all-nighter, no barista required: The "bean bags" in this tin are filled with coffee, chicory, and spices (each makes three glasses), and need only an overnight soak in water before they're ready to deliver one cool buzz. (Grady's Cold Brew Bean Bag Pack, originally \$24 for two tins of four bags, now 20 percent off with code OPRAH; madeclose.com)



Clear Winner ▼

Breeze through stadium and airport security by stashing your stuff in this jelly tote. It comes with a removable liner (which can be customized) for when you want the contents to stay undercover. (D Tote by Dominie, originally \$150 for leatherette and \$250 for leather, now 25 percent off with code OPRAH; dominieluxury.com)



▲ Pretty Pleats

Even filing student loan forms will be slightly less tedious with these sleek accordion folders (created by an Amsterdam design duo) that reveal a pop of ombré neon when expanded. (Scholten & Baijings for Hay Plissé archive accordion folder, originally \$24 for small and \$48 for large, now 20 percent off with code OPRAH; aplusrstore.com)



◀ Checks, Please

The old-fashioned pencil gets a cheap and cheerful update in fall-ready buffalo plaid. (Adam Lipps for Target pencil set, available September 27, \$10 for 12; target.com)



▼ That's a Wrap ▶

These Love Story-esque scarves are made from soft Scottish cashmere—and 17 color combos ensure that almost any student can give one the old college try. (Varsity stripe scarf, originally \$225, now 20 percent off with code OPRAH; slaterzorn.com)



▲ Brownie Points

These chewy, gooey treats are the Tiffany of brownies: Made with Belgian chocolate, caramel, and sea salt, they're just about the best thing you can send to a homesick student. (Salted caramel brownies, originally \$45 for 12, now 20 percent off with code OPRAH; broadwaybaker.com)



DON'T STRESS IT

As the merchandising director at O, Ashley O'Brien has to juggle hundreds of tasks every day. From rushing out the door in the morning to coordinating the details for a major project at work to making it out on time for an evening with friends, she needs an antiperspirant that keeps up with all the challenges of her day. With 4x stress sweat protection*, **Secret Clinical Strength** adapts and responds to do just that. Check out what a normal day would be like for Ashley, and share on Twitter how you fight back against #StressSweat-inducing moments.



Ashley O'Brien
@aob1085 • 8AM

Arriving early at the office for my jam-packed day. Not sure how I'm fitting it all in. Thanks **@SecretDeodorant** for making **#StressSweat** one less thing to worry about. **#LetsDolt #EarlyBird**



Ashley's remarks were created to represent a typical day and are not actual posts to social media.



Ashley O'Brien
@aob1085 • 2PM

Big day shooting a fashion video at work. Not pictured: me stressing. Luckily **@SecretDeodorant** has me covered. No **#StressSweat** odor to worry about! **#FashionShoot #BehindTheScenes**



Ashley O'Brien
@aob1085 • 7PM

Had to rush from the shoot to make the opening pitch of the big game. **@SecretDeodorant** adapted so **#StressSweat** didn't get in my way. **#WeeknightFun #RootingForTheHomeTeam**



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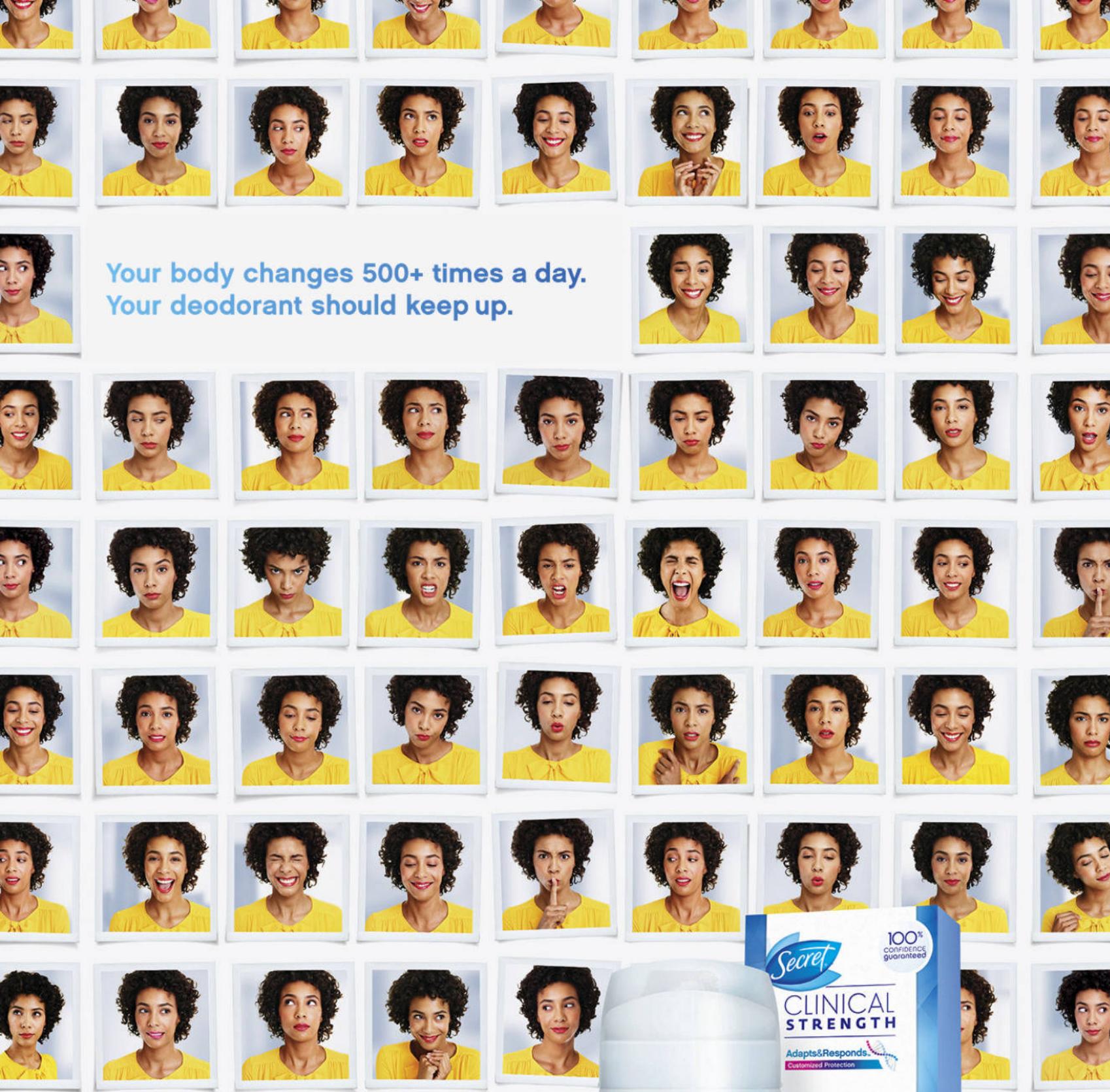
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secret.com



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Love That!

BEST OF FALL FASHION, THE U.S. OF O,

BOHO CHIC

49 ITEMS
UNDER \$100
32 PAIRS OF
SHOES
24 BAGS
21 TIPS
5 DESIGNER
LAUNCHES
1 STAR
TREK
REFERENCE

O's FALL FASHION LOOK BOOK

MODELS: PETER ROSA/STUDIO D. FASHION EDITOR: JARROD LACKS. HAIR: PAUL WARREN USING RENÉ FURTERER AT ART DEPARTMENT. MAKEUP: CARLO LONGO USING DIOR BEAUTY AT BAREPS. MANICURE: ROSE ANN SINGLETON AT ART DEPARTMENT USING DIOR VERNIS. GLASSMAN: ROBERT TRACHTENBERG.



TURTLENECK, Sayaka Davis, \$295; Salt, 310-452-1154.
BLAZER, Calvin Klein, \$149; ck.com.
PANTS, \$54; kohls.com. SHOES, \$265; reiss.com.

FEEL THAT?

The crispness in the air that means your flip-flop days are numbered? Ah, fall—the most wonderful time of year when it comes

to new fashion. I've sifted through all the trends (culottes! statement coats! fringe!) and found the best ones for you, and I have tons of tips on how to wear them. Turn the page and get ready to rev it up as the weather cools down.



Follow Adam on Twitter and Instagram
@TheRealAdamSays.



Love That!

FROM RUNWAY to O-WAY

Varsity

Your student years may be behind you, but it's time to head back to school: go-team details like stripes, plaids, and color blocking are everywhere this season. How to look more cosmopolitan than co-ed? Choose one rah-rah piece, like a stadium jacket, and keep the rest of the outfit sophisticated.



trend alert **Graphic Black and White**



The classic combo is anything but boring when you pair feminine silhouettes with patterned shoes.



Spanish Romance

Do a little cha-cha in these flirty pieces, which are heavy on the lace, fringe, and feathers. It's a dramatic look, so if you're not ready to work full-on flounce, try an accessory, like the red-hot bag or silver jewelry shown here.



HOT LAUNCH *Thakoon for DesigNation*

Michelle Obama and Sarah Jessica Parker are fans of Thakoon Panichgul's designs and it's easy to see why: He's a master of prints and menswear-inspired style that's fresh and super wearable. Now everyone can rock it with his affordable new collection, available at Kohl's.



Thakoon for
DesigNation,
\$54; kohls.com



Love That!

HOW TO WEAR THE NEW PANTS



CULOTTES

Yes, it's a tricky length, but skinny heels elongate the leg and balance the volume.

PANTS, 1.State, \$99; nordstrom.com. **SHOES**, Reiss.

POOLING PANTS

If you're tall, try sneakers—they complement the pants' relaxed shape.

PANTS, Theory, \$285; theory.com for similar styles. **SHOES**, Kate Spade New York.

CROPPED

The shorter length and wide legs are usually an express route to Stubbyville, but stacked heels add height without heft.

PANTS, COS, \$135; cosstores.com. **SHOES**, Furla.

Crazy for It! FRINGED SKIRTS

You don't have to go mini to highlight your legs. I love the subtly sexy vibe of these bohemian-inspired suede skirts, available at every price point.

Save

\$129; chicos.com



Spend

\$495; jcrew.com



Splurge

The Perfext, \$985; fwrd.com



trend alert

Ponchos

NEW DESIGNER COLLABORATION

Soft and warm, with just the right amount of slouch, the poncho is this season's answer to last year's cape. Just remember that a little volume goes a long way, so keep the rest of your outfit sleek.

PONCHO, Adam Lippes for Target, \$60; target.com. **TURTLENECK**, \$25; landsend.com. **JEANS**, Levi's Made & Crafted, \$195; levi.com.



BURBERRY PRORSUM FALL 2015 RUNWAY

'90S REDUX

It may not have been the showiest decade for fashion, but the '90s definitely spawned some of the most wearable looks, with chic minimalist silhouettes and an understated black-white-neutral color palette.



"'90S REDUX": RICHARD MAJCHRZAK/STUDIO D. STYLIST: CLAIRE TEDALDI/HALLEY RESOURCES. MONASTERY OF NOTRE DAME: RICHARD GLOVER/VIEW/HOMETICA. WATCH: COURTESY OF COMPANY. "CRAZY FOR IT": DEVON JARVIS/STUDIO D. STYLIST: CLAIRE TEDALDI/HALLEY RESOURCES. TREND ALERT: MARKOMETZINGER/STUDIO D. STYLIST: BARBARA EISEN/VR.J. BENNETT REPRESENTS. RUNWAY: CATWALKING/GETTY IMAGES.



trend alert Chronograph Watches

The style may be borrowed from the boys, but the details—rose gold, delicate pavé, shiny finishes—are anything but manly.

1. Caravelle New York, \$135; macy's.com.
2. \$4,400; rado.com.
3. \$1,945; michele.com.
4. \$350; citizenwatch.com.
5. \$275; michaelkors.com.
6. Bulova, \$499; macy's.com.

HOT LAUNCH Derek Lam 10C Athleta

Athleta has upped its fashion game: The activewear brand's new line with Derek Lam is a winning combination of Lam's feminine, minimalist styles and Athleta's high-tech fabrics.



Derek Lam 10C Athleta,
TANK, \$64, and PANT,
\$98; athleta.com

GREAT BUY!

GREAT BUYS UNDER \$100 THAT '70S SHOW

Groovy fashion is still going strong—the latest take involves patchwork patterns, cozy layers, and accessories that straddle the line between retro and modern.



DESERT STORM

Southwestern chic meets earthy patterns and colors in this hot trend; nature-inspired accessories like a snakeskin-patterned sandal add a little bite.





Love That!

STRETCH YOUR BASICS

Chances are you already have a slip and a turtleneck in your wardrobe. But when was the last time they made a fashion statement? Pair the slip with a shoulder-baring sweater and pants—making sure the lace detail peeks out—for an unexpected and sweetly sexy look. Give a turtleneck new life by adding a button-down and cropped jeans.



THE SLIP

SLIP, Josie Natori, \$250; natori.com.

TOP, White House Black Market.

PANTS, Kobi Halperin. **SHOES**, Bionda Castana.

THE TURTLENECK

TURTLENECK, \$198; joie.com.

SHIRT, Massimo Dutti. **JEANS**, Alexa Chung for AG. **SHOES**, Jimmy Choo.

WHAT LIES BENEATH

I'm crazy for these turtlenecks by Lands' End—they come in virtually every color!



GREAT BUY!

TURTLENECKS, \$20 to \$30 each; landsend.com

LACE-UP BALLERINA



LOAFERS WITH A TWIST



GREAT BUY!

trend alert | Fabulous Flats

I'm falling for flats all over again! Whether you like delicate pointy-toed numbers or masculine styles, there are a million cute ones to choose from this season.

Top row from left: \$350; toryburch.com. \$295; loefflerrandall.com. \$130; massimodutti.com. Daniele Michetti, \$690; harveynichols.com. Nine West, \$89; amazon.com. Bottom row from left: \$325; etienneaigner.com. \$350; toryburch.com. \$625; tod's.com. \$70; solesociety.com. Juicy Couture Black Label, \$179; juicycouture.com.

ECLECTIC COMPANY

Solange effortlessly works the trend of blending "notice me" patterns, bright colors, and unexpected textures.



GREAT BUY!

MIX MASTER
Flowers, 1966
by Andy Warhol

SHOE, Diane von Furstenberg, \$350; 646-486-4800



GREAT BUY!

JACKET, \$99; landsend.com. **BELT**, \$78; colehaan.com.

PANTS, \$80; express.com

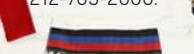


COAT, Liz Claiborne, \$120; jcpenney.com.

DRESS, Rebecca Taylor, \$350; Bloomingdale's, 212-705-2000.



BAG, SR Squared by Sondra Roberts, \$150; zokydoky.com



SKIRT, Suno, \$450; shopbettylin.com



NECKLACE, Nocturne, \$225; symmetrystyle.com

TURTLENECKS AND TREND ALERT: JESUS AYALA/STUDIO D. STYLIST: ANITA SALERNO/R.J. BENNETT/REPRESENTS: ECLECTIC COMPANY™; PANTS, BAG, SKIRT: DEVON JARVIS/STUDIO D. STYLIST: CLAIRE TECALDI/HALLEY. RESOURCES: JACKET AND COAT: MARKO METZINGER/STUDIO D. STYLIST: JESUS AYALA/STUDIO D. STYLIST: JESUS AYALA; NECKLACE: JESUS AYALA/STUDIO D. STYLIST: ANITA SALERNO/R.J. BENNETT/REPRESENTS: SHOE: COURTESY OF COMPANY; SOLANGE: ANDREW H. WALKER/GETTY IMAGES; FLOWERS, 1966 (SILK SCREEN PRINT), WARHOL, ANDY (1928-87)/SAATCHI COLLECTION, LONDON/BRIDGEMAN IMAGES. © 2015 THE ANDY WARHOL FOUNDATION FOR THE VISUAL ARTS INC./ARTISTS RIGHTS SOCIETY, NEW YORK.

Singular Sensation

It almost doesn't matter what you wear underneath these entrance-making coats. For a bold head-to-toe statement, don't skip the accessories!



SPY GAMES



BURBERRY PRORSUM
FALL 2015 RUNWAY

COAT, \$178; express.com. BAG, Ivanka Trump Handbags, \$295; zappos.com. WATCH, \$395; toryburch.com. BOOT, Diane von Furstenberg, \$498; Bloomingdale's, 212-705-2000.



SHEARLING GENIUS



COACH FALL 2015
RUNWAY

COAT, DL2 by Dawn Levy, \$375; dawnlevydesign.com. SCARF, \$425; mignonnegavigan.com. CUFFS, \$45; ragcuffs.com. BOOT, \$80; callitspring.com. BAG, \$178; vincecamuto.com.



ALMOST FAMOUS



DRIES VAN NOTEN
FALL 2015 RUNWAY

COAT, \$164; asos.com. BAG, Rebecca Minkoff, \$295; saks.com. EARRING, \$210; miriamhaskell.com. SHOE, \$175; cecelianewyork.com.



FIT TO PRINT



ISABEL MARANT
FALL 2015 RUNWAY

COAT, \$130; lanebryant.com. BELT, Lauren Ralph Lauren, \$58; bloomingdales.com. BOOT, Lauren Ralph Lauren, \$395; ralphlauren.com. RING, \$35; luckybrand.com. BAG, \$225; vince.com.

For details see
Shop Guide.



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Love That!

The U.S. of O!

O creative director Adam Glassman wants to keep America beautiful—so this spring he traveled the country in search of women ready for fabulous head-to-toe makeovers. Then, with the help of hair guru Ken Paves and makeup artist Sarah Lucero, he took their looks from ho-hum to hubba-hubba.

BY Clarissa Cruz
AND Megan Deem



LADIES IN WAITING

Their "before" shot (from left): Courtney Shanahan, Alexandra Bernard (on ladder), Cindy Cooper (Alexandra's mom), Mickey Noella, Jai Liriano, and Shelly Lee.

SWEATSHIRTS, Ebbets Field Flannels, \$79 each.



After



Jai Liriano
AGE 44
Chicago

HER RUT

The busy mother of three boys wanted something more elevated than her ponytail-and-Lululemon uniform. "I don't have much time, so I've become complacent about fashion and beauty," she says. "Now I want an updated look that works for my age and body."

HER MAKEOVER

THE CLOTHES The self-proclaimed "pants girl" was happy with these smart plaid trousers topped by layered knits. The outfit's muted blues, grays, and creams are sophisticated; stacked heels and a structured bag add polish.

THE HAIR AND MAKEUP Ken, creator of Ken Paves You Are Beautiful haircare, tamed Jai's thick, wavy hair with a long, textured bob. He also gave her blonde and sable highlights and lowlights. "Jai has gorgeous bone structure," says Sarah, Stila Cosmetics global director of education, who emphasized it by contouring her cheekbones.

HER REACTION "This look feels like me, but amped up!" says Jai. "The little bit of plaid in the pants makes the outfit more interesting without a lot of fuss, and I love the mix of colors and patterns. As for the hair, layers work with my texture, so I don't have to flatiron it to death."

PONCHO, Robert Rodriguez, \$139. **SWEATER**, Amour Vert, \$195. **PANTS**, NYDJ, \$130. **WATCH**, Michele. **BAG**, Luana Italy. **SHOES**, Reiss.



Blipp this page to unlock an exclusive behind-the-scenes video of our "The U.S. of O!" shoot. Need the Blipp app? Download it for free. (Available on Apple, Android, and Windows.)



THEIR RUTS

Cindy nominated her daughter, Alexandra, for a makeover, but when Adam met them, he thought mom was deserving, too! After working from home as a business consultant for the past two decades, Cindy has her uniform down pat: stretchy pants, tank top, cardigan, and flip-flops. But she's launching a new business that will put her in the public eye, and she wants to step up her game. Meanwhile, Alexandra is reentering the workforce after three years as a stay-at-home mom of three. "I wear leggings, tank tops, and sneakers every day," she says. "I'm not job-ready!"

THEIR MAKEOVERS

THE CLOTHES Cindy, who normally avoids prints and skinny jeans, was coaxed into a patterned blouse and fitted denim. For Alexandra, cropped jeans, a sharp blazer, and heels blend office polish with casual style.

THE HAIR AND MAKEUP Ken darkened Cindy's platinum hair with golden tones and gave her bangs to draw attention to her eyes. Sarah played them up with matte cocoa shadow. For a hairstyle that was "sexy and cool," Ken cut off a foot of Alexandra's hair and removed the purple tinge to make it a medium red. Sarah didn't want to conceal Alexandra's freckles, so she thinned her foundation with moisturizer.

THEIR REACTIONS "These were not little changes!" says Cindy. "But I couldn't be more pleased." Says Alexandra: "I love my ginger haircolor. It matches my freckles! And I look like a 30-year-old, not a teen shopping in the juniors' section."

On Cindy: **JACKET**, Nic + Zoe, \$198. **SHIRT**, NYDJ, \$88. **JEANS**, NYDJ, \$110.

EARRINGS, NECKLACE, and BRACELET, Melinda Maria. **SHOES**, Gianvito Rossi.

On Alexandra: **BLAZER**, L.K. Bennett; \$495. **SHIRT**, Clover Canyon, \$242. **JEANS**, NYDJ, \$110. **EARRINGS**, Rue Gembon. **WATCH**, Michael Kors. **RING**, Swarovski. **BAG**, Longchamp. **SHOES**, Elliott Lucca.



Love That!

Before



Shelly
Lee
AGE 47
Seattle

After



HER RUT

Except for the occasional animal print (and when she's taking a "before" shot for O), Shelly's wardrobe is all black all the time. "I'm a single mom and grandma of four," says the Nordstrom marketing administrative assistant. "I used to be fashionable. Now it's whatever's easy. I work in a stylish industry and need to refresh my look."

HER MAKEOVER

THE CLOTHES A knit dress in gorgeous neutrals flatters Shelly's curves and lets her expand her palette. Heels that blend with her skin tone visually elongate her legs, while a color-blocked shoulder bag is a fresh alternative to black.

THE HAIR AND MAKEUP Eyebrow designer Eliza Petrescu shaped Shelly's brows with a defined arch. Ken added length with a braided-in weave since Shelly had trouble growing her hair long. Sarah chose an eggplant eyeshadow as a subtle way to incorporate color.

HER REACTION Shelly was so moved by her new look that she burst into tears. "I never saw myself like this before—beautiful, sexy, and amazing. I feel like a queen!"

DRESS, Lafayette 148 New York, \$548.
EARRINGS and **RING**, Melinda Maria.
BAG, Furla. **SHOES**, Nine West.

Before



After



Courtney
Shanahan
AGE 28
Tempe, Arizona



JACKET, BCBG Max Azria, \$338. **SHIRT**, Robert Rodriguez, \$89. **SKIRT**, Parker, \$253. **BRACELET**, Swarovski. **SHOES**, Manolo Blahnik.

HER RUT

"I've had the same look since college," says Courtney, who favors skinny jeans, a loose top, and flip-flops. "I feel clueless about fashion, and makeup is usually just mascara and ChapStick. I'm eager to try something new!"

HER MAKEOVER

THE CLOTHES A swingy skirt defines Courtney's waist, and a fringed jacket is polished but youthful. A shimmery top and lace-up heels add a trendy vibe.

THE HAIR AND MAKEUP

Courtney's natural haircolor, a medium brown, was "washing her out," says Ken. He gave her a deeper rich chestnut, which warmed her skin. To set off Courtney's blue eyes, Sarah created a smoky effect in sunset tones. "Bronzy hues are softer than black, but still provide definition," she says.

HER REACTION When others at the shoot remarked that she looked like Zooey Deschanel, Courtney beamed. "I love the comparison," she said. "Getting this makeover made me think that celebrities aren't that different—they just get their hair and makeup done! Starting now, I'm going to be adventurous and try more statement pieces."



Want to see more of Ken's fantastic styling tips? Check out our new video series "From Work to Wow!" on omagcircle.com.

Before**After****Mickey Noella****AGE 39***Irvington, New York***HER RUT**

A Georgian recently transplanted to New York, Mickey hasn't shed her Southern roots. "Everything has to match," she says. "If I have a giraffe print shirt, then I need giraffe print shoes! And I love bright colors. But I want to inject some New York cool into my style."

HER MAKEOVER

THE CLOTHES Mickey's outfit is anything but matchy-matchy: A printed dress and patchwork coat take pattern mixing to the next level, but a similar color palette makes the pieces work together. Leather sleeves and slinky silver jewelry convey big-city style.

THE HAIR AND MAKEUP Mickey wished her hairstyle could be more playful. For Ken, the solution was to paint light pieces all over, using blonde and honey tones. Mickey's default lipstick was bright red, but Sarah persuaded her to try flattering caramel instead.

HER REACTION "There were so many firsts for me today!" says Mickey. "First hair lightening, first eyebrow shaping, first time wearing shapewear—it's all so exciting. And the color in this look lets me maintain my uniqueness."

COAT, BCBG Max Azria, \$498. **DRESS**, NYDJ; \$168. **NECKLACE**, Silpada. **BRACELET**, Vince Camuto.

Fashion editor: Andrew Holden. Hair: Ken Paves for Ken Paves Salons. Haircolor: Brianna Black and Laura Niles of Ken Paves Salons. Extensions: Shaylin Jones of Ken Paves Salons. Makeup: Sarah Lucero for Stila Cosmetics. Manicure: Liang at Atelier Management using Dior Vernis. Eyebrows: Eliza Petrescu, owner of Eliza's Eyes, 800-EYEBROW, elizaseyes.com. Set design: Sonia Niki at Artmix Creative.

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HOME EDITION

HIP TO BE SQUARE

Merola tile in Revival Tulip, \$2 each; homedepot.com



EXOTIC CITY

Imax Delilah handpainted lacquer boxes, \$113 for set of three; wayfair.com



BED HEAD

Bihar headboard, starting at \$1,950; johnrobshaw.com



FLOWER POWER

Multicolor geometric ceramic knobs, \$4 for set of two; worldmarket.com



TO DYE FOR

Kelly's Ikat wallpaper in soft gray and Prussian blue, \$85 per roll; grahambrown.com



Go Boho

Bring some hippie chic into your home with these free-spirited pieces in a vibrant mix of colors and patterns.



GOLD RUSH

Kashmir double old-fashioned glasses, \$78 for set of four; rosannainc.com

ROMANTIC SETTING

Serai china tea plates, \$75 for set of four; shoplatitude.com



FEELING BLUE

white and blue diamond bath mat, \$25; available in Target stores September 27



SHINE ON

L'Objet Pour Fortuny Piumette vase, \$275; l-objet.com



SITTING PRETTY

El Mia round pouf in white, \$160; luluandgeorgia.com

DEVON JARVIS/STUDIO D STYLIST: JILL EDWARDS FOR HALLEY RESOURCES, VASE AND PLATES: GREGOR HALENDA, HEADBOARD AND POUF: COURTESY OF COMPANIES, RUNWAY: SLAVEN VLASIC/GETTY IMAGES FOR TORY BURCH, GLASSMAN: SERGIO KURHAJEC.



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Lee

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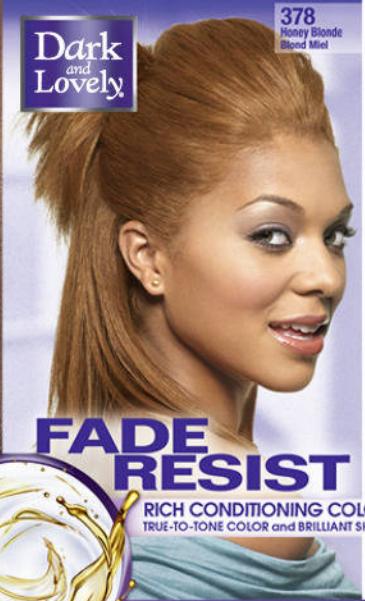
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O, Beautiful!

FUN NEW POLISHES, DRY SHAMPOO HOW-TO, ANTIAGING ADVICE

LOOK WHAT
WE FOUND!

SHEER STYLE

After all the wild and crazy polishes we've been seeing (and wearing)—raucous red, glaring green, startling cyan—a transparent look, like you get with **YSL Beauté La Laque Couture Pop Water** (\$27; yslbeautyus.com), feels as fresh as a fall morning. One coat in any of the four shades (clockwise from top: **Orange Drop**, **Fuchsia Rain**, **Rouge Wet**, and **Rose Splash**) gives nails a translucent blush; add another coat or two to deepen the color.





Dry Shampoo

Hairdressers have long loved dry shampoo as a way to get more mileage out of a blow-out (and rely less on damaging heat tools).

The key to success is the right technique, says **Christian Wood**, Toni & Guy celebrity stylist.

STEP 1

Spray hair in sections only at the roots.

STEP 2

Allow the powder to sit for two to three minutes, so it can absorb excess oils on your scalp.

STEP 3

Blast quickly with a hair dryer to blow all the dry shampoo particles out of your hair. You'll be left with volume and a freshly washed feel.



From left: Toni & Guy Cleanse Dry Shampoo, \$15; target.com. Moroccanoil Dry Shampoo Dark Tones, \$26; moroccanoil.com. Sally Hershberger 24K Supreme Stylist Voluminous Dry Shampoo, \$32; sephora.com. Klorane Dry Shampoo with Oat Milk Natural Tint, \$19.50; kloraneusa.com. Rahua Voluminous Dry Shampoo (out in October), \$32; rahua.com.

Learning Curve

Cleansing oil! Facial essence! Micellar water! We've got the scoop on these three growing skincare trends.

Cleansing Oil

How it works: An oil-based cleanser attracts other oils—along with dirt and makeup—for easy removal, says Jeffrey Benabio, MD, a dermatologist at Kaiser Permanente in San Diego.

Why you might want it: Is your complexion dry or sensitive? This face wash doesn't strip the skin's natural oils. And it hydrates by creating an occlusive layer that prevents moisture from evaporating, says Randy Schueller, cosmetic chemist and cofounder of TheBeautyBrains.com. We like **Burt's Bees Cleansing Oil** (\$16; drugstores), **Neutrogena Ultra-Light Cleansing Oil** (\$8.50; drugstores), and **Sephora Collection Cleansing Oil** (\$14; sephora.com).

Caveat emptor: If you have acne-prone skin, this may not be the option for you—oils can exacerbate breakouts, says Benabio.

Facial Essence

What it is: You probably think of an essence as a flower, fruit, or vegetable extract. But the word is also used as a marketing term for liquids that deliver treatment benefits, says Schueller.

Why you might want it: Some contain exfoliants, which may increase penetration of any product you layer on top. The super-lightweight formulas can also boost hydration instantly. Try **Kiehl's Iris Extract Activating Treatment Essence** (\$45; kiehls.com) or **SK-II Mid-Day Essence** (\$80; sk-ii.com).

Caveat emptor: Because "essence" is used loosely, check the label for active ingredients (such as exfoliating lipo hydroxy acid or moisturizing glycerin or sodium hyaluronate).

Micellar Water

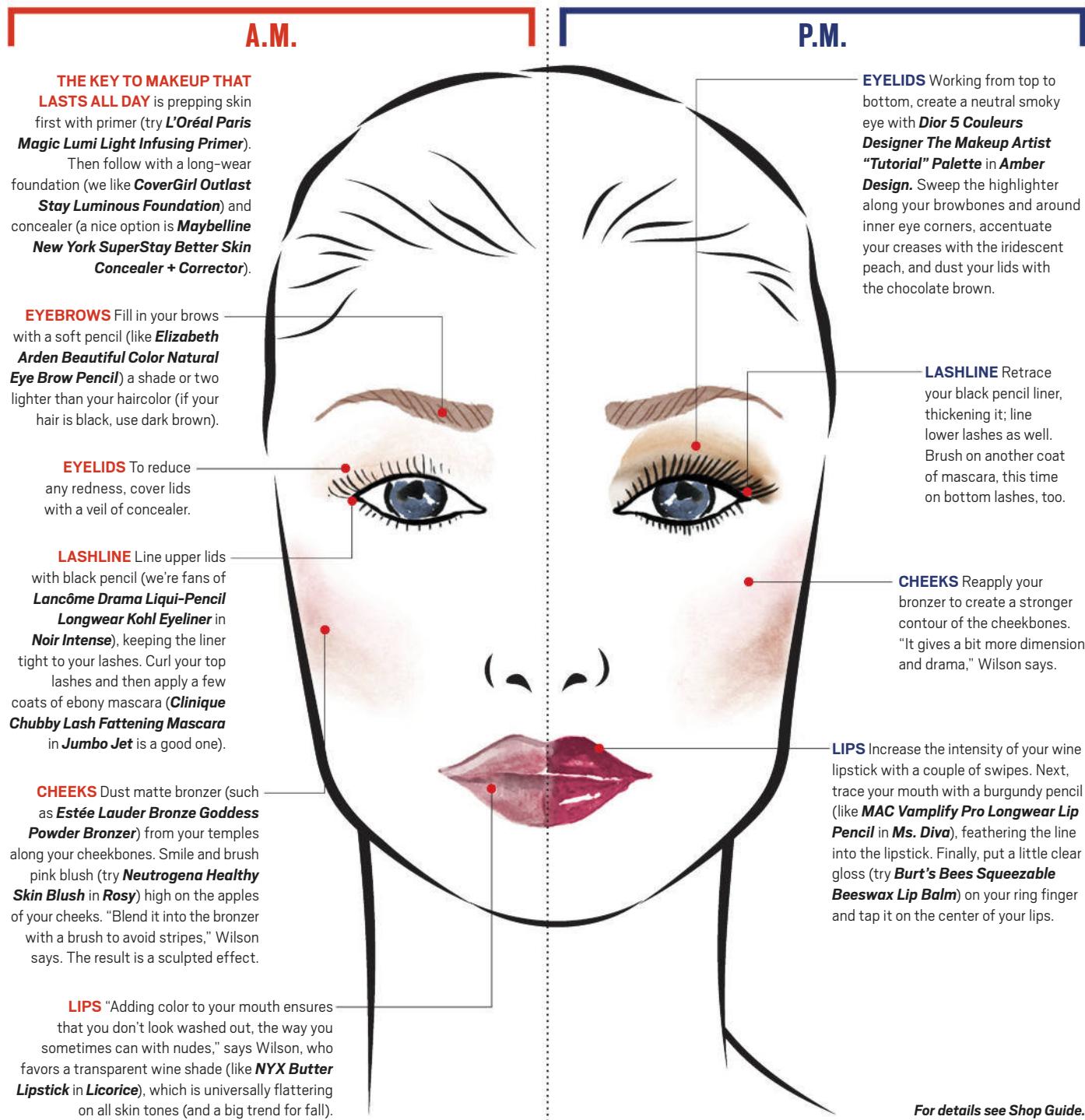
What it is: Essentially, micellar water is a low-foaming cleanser. Micelles are clusters of cleansing molecules that attract dirt and oil, says Schueller.

Why you might want it: Micellar water is gentle and won't strip the skin, says Benabio. And you don't have to rinse it off, so you can't beat the convenience. We like **Perricone MD Blue Plasma Cleansing Treatment** (\$39; perriconemd.com) and **Simple Cleansing Micellar Water** (\$7; drugstores).

Caveat emptor: It probably won't remove heavy or waterproof makeup.

YOUR ULTIMATE Day-to-Night Face

Have big plans after work? Dior celebrity makeup artist **Ricky Wilson** shows you how a chic, minimal daytime look can quickly turn into nighttime sexy.





O, Beautiful!



Val's BEAUTY BUZZ

O's beauty director, **Valerie Monroe**, on what you need...and what you'll love.

Black Beauties

Black has long been my go-to wardrobe color—call it the Victorian widow look. Now I've noticed my penchant for sartorial somberness has migrated to my beauty routine. Below are five new gems, all in my favorite shade (clockwise from top): **Shiseido Future Solution LX Replenishing Treatment Oil** (\$175; shiseido.com), with six luxurious oils that moisturize to the max; **Maison Francis Kurkdjian Oud Satin Mood** (\$300; neimanmarcus.com), a sexy oriental scent; **Tweezerman ProMaster Lash Curler** (\$22; sephora.com), its first for deep-set eyes; **Bioré Pore Penetrating Charcoal Bar** (\$6.50; drugstores), a deep-cleaning natural black charcoal soap; and for blissfully soft hands, **Elizabeth and James Nirvana Hand Cream** (\$15; sephora.com).



Ask
Val

I'm 26, and I want to start taking good care of my skin! Can you suggest a simple antiaging regimen?

You're wise to begin now (and how I wish I'd had your smarts at 26). First, wash with a gentle nonsoap cleanser, says New York City dermatologist Cheryl Karcher, MD. Then apply a serum containing vitamin C, retinol, or hyaluronic acid to target hyperpigmentation, acne, or dryness, respectively. Protect your skin from environmental stressors like pollution and UV rays with a moisturizer and a broad spectrum SPF 30 sunscreen. At bedtime, reapply the serum; when you feel dry, add a night cream. And the key to any effective antiaging regimen, says Karcher, is to use your products consistently.



If you have a question about makeup, skincare, or haircare, ask Val at askval@hearst.com or oprah.com/askval. Follow Val on Twitter @thisisvalmonroe.

Foundation Sensation

You know that lit-from-within complexion that stars radiate on the red carpet? You know they don't wake up like that, right? The secret to their glow is a hardworking base, like the new **Make Up For Ever Ultra HD Liquid Foundation** and **Ultra HD Stick Foundation** (\$43 each; sephora.com), which marry translucent coverage, hydration, and light-reflecting properties that render you instantly luminous. As if you needed more enticement: The liquid comes in (count 'em) 40 shades, from porcelain to deep.



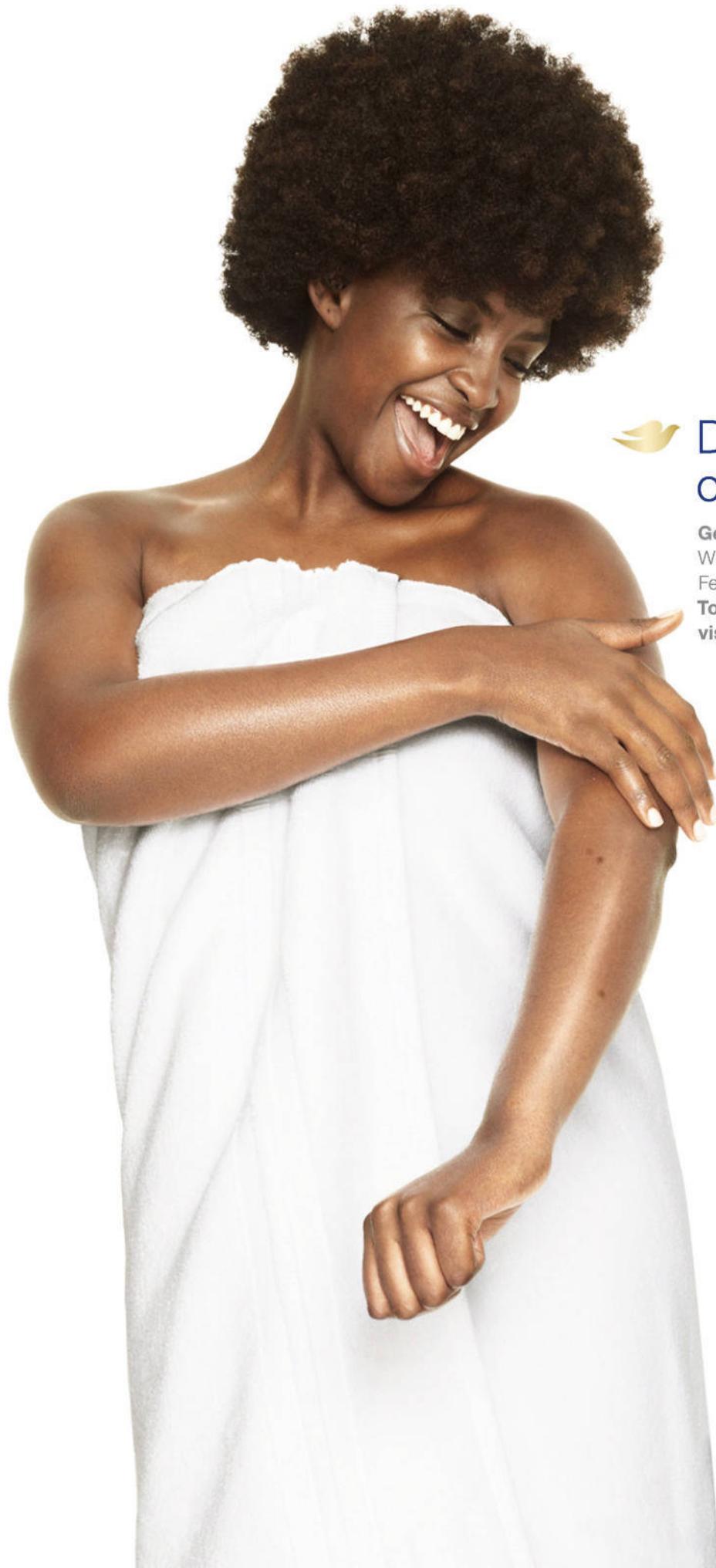
Gloss Art

If you fancy affordable custom couture, grab the **Givenchy Gloss Révélateur Intense** (\$31; barneys.com), which transforms into a color determined by the pH of your lips, so it looks different on everyone (on me it's a rosy pink). It's deeply hydrating but has the light, unsticky feel of a balm.

Brush Crush

What does perfection look like? This: Sephora has partnered with the Japanese company Hakuhodo, famous for its makeup and calligraphy brushes, to produce five limited edition, gorgeously designed tools with hand-sculpted synthetic bristles (**Hakuhodo + Sephora Pro Brush Collection**, \$30 to \$54; sephora.com). No matter how unskilled you are with blushes and powders, these brushes will make you feel positively masterful.





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TEMPTING MEETS WHOLESAOME

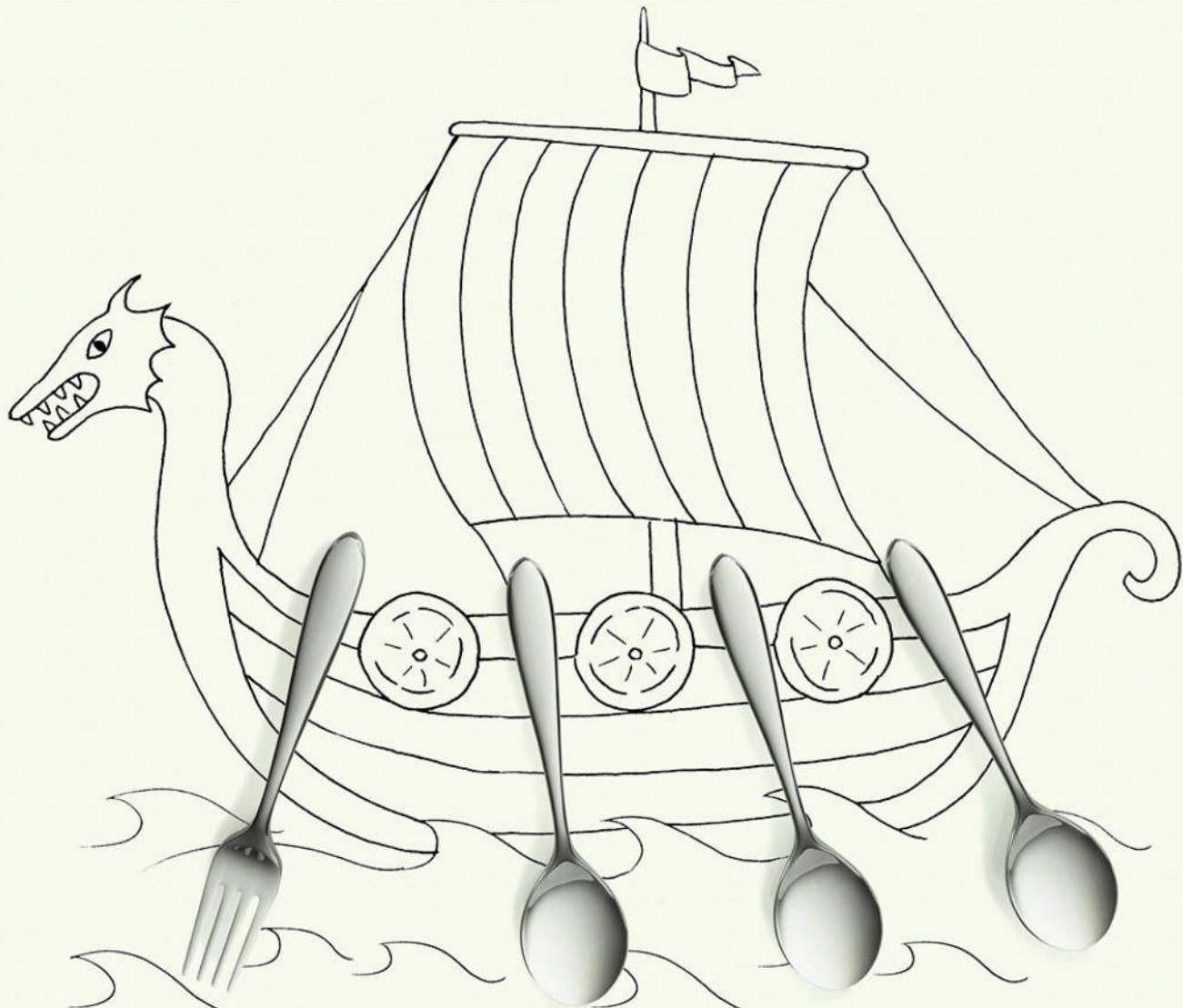
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Feeling Good

SUPERCHARGED CREATIVITY, LUNCH ON THE GO, THE LUNG CANCER CRISIS



Eat Like a VIKING!

A fresh take on gud-for-you dining.

BY Leslie Goldman

► **FOR YEARS**, doctors have been singing the praises of the Mediterranean diet for its link to increased longevity and healthier hearts. But research now suggests we might do well to set our sights farther north: The New Nordic Diet (NND)—think Mediterranean but with hardier vegetables and more wild game—could lower blood pressure and cholesterol and help you shed pounds. →

A 2014 study in the *American Journal of Clinical Nutrition* found that obese Danish adults following the NND not only consumed, on average, 422 fewer calories per day than those eating traditional Danish fare (similar to standard U.S. meals of refined grains, meat, dairy, and sugar), but they also reported feeling more satisfied. Eating the NND way may also reduce the risk of developing type 2 diabetes by an estimated 20 to 40 percent, according to recent research. And perhaps the most impressive finding for noshing Nordic-style: When researchers followed more than 55,000 Danish women and men for 12 years, they discovered that those who ate substantial amounts of six characteristic NND foods

(including cabbage, rye bread, oatmeal, and root veggies) had a 25 to 36 percent lower risk of death than those who ate the least. Hungry? Get started with these new diet rules:

Give rye a try.

With two to three times the fiber of white bread, rye bread takes longer to chew as well as to digest—meaning it keeps you feeling full, satisfied, and regular. Rye is also rich in manganese, a mineral that helps strengthen bones and connective tissue. One thing to keep in mind: American rye bread tends to be lower in fiber than foreign-made rye, so look for loaves with whole kernel rye or whole grain rye flour on the ingredients

list. Karen Ansel, a registered dietitian based in New York, recommends the Mestemacher brand, which has six grams of fiber per slice.

Return to your roots.

Root veggies like potatoes, beets, rutabagas, and parsnips are rich in slow-digesting complex carbs and fiber (a medium-size baked sweet or white potato with the skin on delivers nearly four grams). Red beets have an added benefit: Their color comes from pigments called betalains, antioxidants that help bind toxic substances in cells and usher them out of the body. Make a root veggie coleslaw by tossing shredded cabbage, carrots, and beets with canola oil and white wine vinegar.

Go wild with protein.

If elk and venison aren't high on your grocery list, you can still eat the Nordic way with grass-fed beef, pork, or lamb. (Game is often available at local farmers' markets, and even Costco is carrying bison these days.) "Think of these foods as sides, not the star of the meal," says Ansel. "Limit them to a few times a week, a few ounces per serving." Enjoy four ounces of oily fish (salmon, herring, mackerel) three times a week, and don't forget low-fat dairy for calcium-rich protein. A few breakfast ideas: Start your day with a parfait layered with nonfat yogurt, berries, and oatmeal; top salmon with a generous dollop of cucumber-dill yogurt; or, if you're in a hurry, grab a cup of skyr, an Icelandic yogurt.

Get an oil change.

The NND replaces olive oil with canola oil (also called rapeseed oil); it has a more neutral taste and boasts even more heart-healthy omega-3s. Of all the vegetable oils, it's the lowest in saturated fats—7 percent compared with olive oil's 14 percent. And consuming canola oil daily (in place of a similar amount of saturated fat) has been shown to cut coronary heart disease risk. Because of its high smoke point, it works well for stir-frying, grilling, baking, and sautéing; use it to roast parsnips and potatoes or sauté leafy greens. ☑



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HEALTH STARTER KIT

Let's Do LUNCH

Five essentials for eating well at work.

► **AMERICANS ARE BUYING** lunch instead of bringing it from home nearly three times per week, according to a national survey. But given that the typical restaurant lunch has more than 1,000 calories, you're better off packing your own every day. "You often hear that breakfast is the most important meal of the day, but a solid lunch is key to staying energized," says Toby Amidor, a registered dietitian. Whether you're a lunch-packing newbie or just need some fresh tools and tricks, start here.



LUNCHBOTS CONDIMENTS CONTAINERS

The World Health Organization recommends that adults get no more than 5 percent of their daily calories from added sugars, but desserts and snacks aren't the only sources to watch out for. Condiments and dressings are among the sneakiest sugar culprits. These leakproof, 1.5-ounce stainless steel containers can help you from going overboard. (\$25 for set of three; lunchbots.com)

GOOD HABIT SUBSCRIPTION BOX You won't feel as drawn to the office vending machine if you have tempting snacks on hand. Good Habit Box, a new snack subscription service, delivers calorie-conscious nibbles you can throw in your purse or keep at your desk. Not only does it allow you to choose your delivery frequency (biweekly or monthly), but you can also pick snack packs based on a particular goal. For instance, the Be Mindful box features teas, packs of oatmeal, and snacks like pistachios or honey-balsamic cashews, while the Be Balanced plan adds protein shake powders. (\$8 to \$20 per box; goodhabitbox.com)



MONBENTO BOX

Since the 1970s, our nation's portion sizes have ballooned. And considering that 54 percent of Americans belong to the clean-plate club, that's bad news. The Monbento box has two stackable, 17-ounce airtight containers that can help with portion control: One rectangular dish works well for your entrée, while the other comes with a movable divider to split small sides or snacks. And the bright colors make it a little harder for the office bandit to "mistake" your lunch for hers. (\$30; us.monbento.com)



SOYOUNG COOLER BAG

SoYoung's fun and funky lunch totes don't just look cool—they keep food cool, too, with a removable insert to insulate your kale-and-quinoa salad. Just don't forget the ice packs; without them, perishable foods should be refrigerated within two hours. (\$37; us.soyoung.ca)

HEALTHYOUT APP

Forgot your lunch? It happens. But it needn't derail your healthy-eating streak. To find meal options based on, say, calorie targets at nearby restaurants, download the HealthyOut app. You might end up with a guac-topped veggie salad bowl at Chipotle or a tuna wrap from your favorite local sandwich shop. (Free; available for iPhone and Android) —ARIANNA DAVIS



Is Your Meat on Drugs?

A closer look at a hot-button issue.

OUR RELIANCE ON ANTIBIOTICS has caught up with us: By using them so much, we've created potentially deadly bacteria (a.k.a. superbugs) that are resistant to the drugs. In response, national companies like Tyson Foods and McDonald's have announced they'll no longer sell chicken treated with antibiotics that are vital to human health. But as you rethink your eating habits, keep in mind:

► **Limiting antibiotics in animals won't solve our superbug problem.** Only about one in five cases of antibiotic-resistant infections in the U.S. is related to food. The bigger culprit? Antibiotics we take when we don't really need them.

► **All meat is technically antibiotic-free.** Despite what some food labels may say, "all conventionally raised animals have to go through a withdrawal period before

slaughter," says Deborah Murray, a swine vet in Minnesota. "So there should be no detectable traces of antibiotics by the time meat reaches the consumer."

► **But if you want food from animals that are completely drug-free,** look for the label NO ANTIBIOTICS with the USDA PROCESS VERIFIED seal. Without it, suppliers can still use versions created just for animals. —JIHAN THOMPSON



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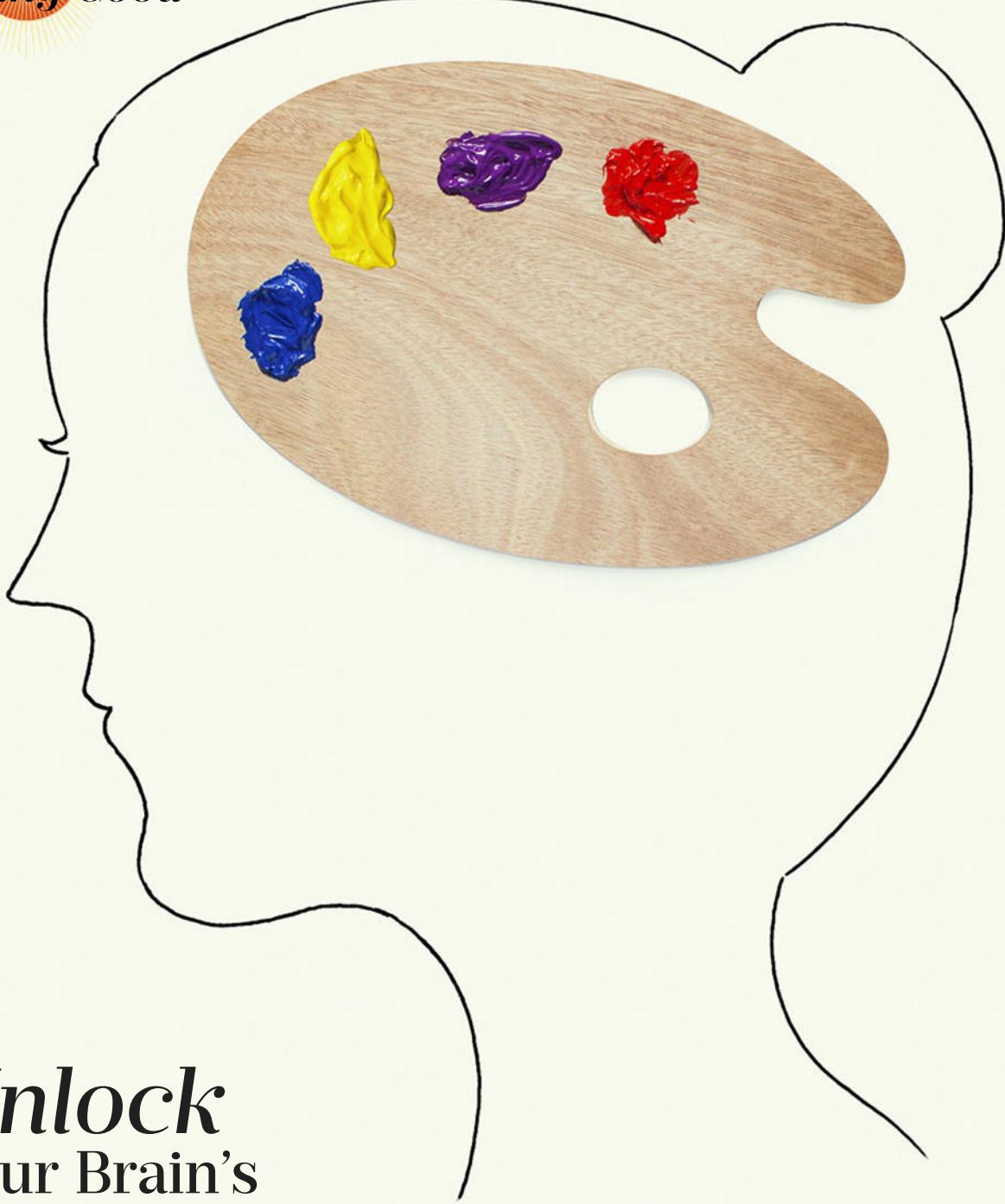


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Unlock Your Brain's Potential

Extraordinary abilities—from memory to supercharged creativity—may be within reach for all of us, says neuroscientist Berit Brogaard, PhD, coauthor of the new book *The Superhuman Mind*. We asked her to tell us more.

Q: YOU SAY ORDINARY PEOPLE POSSESS TALENTS THEY HAVEN'T EVEN TAPPED INTO. CAN YOU EXPLAIN?

A: Most people assume that folks with amazing mental abilities were born this way and that they operate on a plane that's inaccessible to the rest of us. But nothing could be further from the truth. For more than a decade, I've studied people with uncanny abilities—card counters who can beat the house, self-taught artists, people

who can remember an unbelievable amount of information. Here's the thing: These weren't innate skills—they were acquired.

Q: HOW?

A: We consciously use only a small portion of our brain, but we're constantly performing complex operations in other areas even though we're unaware of it. Savants gain access to unconscious areas when the brain's bossy left hemisphere is



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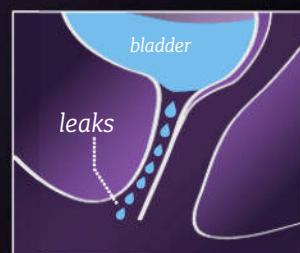
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muted. The left is in charge of much of our organized thought and decision-making and tends to suppress the right side, which generally rules creative activities.

Q: BUT HOW CAN THE AVERAGE PERSON ACHIEVE THIS? IS IT SIMPLY A MATTER OF WORKING OR THINKING HARDER?

A: Thinking harder will not tap into parts of our brain that we don't consciously use; it will just use the same regions more. To reach new areas, you have to get your brain out of its comfort zone. There are various ways to do it, but I believe the easiest is by training yourself in a neurological phenomenon called synesthesia, in which the brain makes unusual associations between things like sounds, colors, and emotions. Looking at the number 3, for example, might lead a synesthete to see the color green. Or the word kiss might flood her mouth with the flavor of bread soaked in tomato soup. When the brain makes these associations, it generates new neural connections—and these connections may help to spur creativity and improve memory.

Q: SO HOW DO YOU DEVELOP SYNESTHESIA?

A: A study in the journal *PLOS One* found that it could be activated in as little as two weeks. To get started, consciously associate things you normally wouldn't, and rehearse those associations until you internalize them. I know it sounds wonky, but it works. I recently teamed up with Johns Hopkins researchers to help a woman unlock her ability to write evocative poetry. First, we had her make a list of emotions (like happiness, love, anger) and match each one with a sound (a thunderclap, the hiss of a teakettle), a taste (zesty, burnt), a smell (fresh-cut grass, smoke from a campfire), and a color. She kept the list on her nightstand and looked at it in the morning or at night. After just a month, she began to experience her emotions as sounds, tastes, smells, and colors. When she felt jealousy, she heard a hissing sound and saw a pot of liquid spewing dark magenta. She channeled this newfound way of experiencing emotions into writing poetry like she never had before. —ABIGAIL LIBERS

The (Non-) Smoker's Disease

Why are so many women who have never lit up developing lung cancer?

BY AIMEE SWARTZ

► IN 2012, SANDY JAUREGUI-BAZA was hiking along the Tamul waterfall in San Luis Potosí, Mexico, when she started coughing and having trouble breathing. "I remember thinking I must be coming down with something," she recalls.

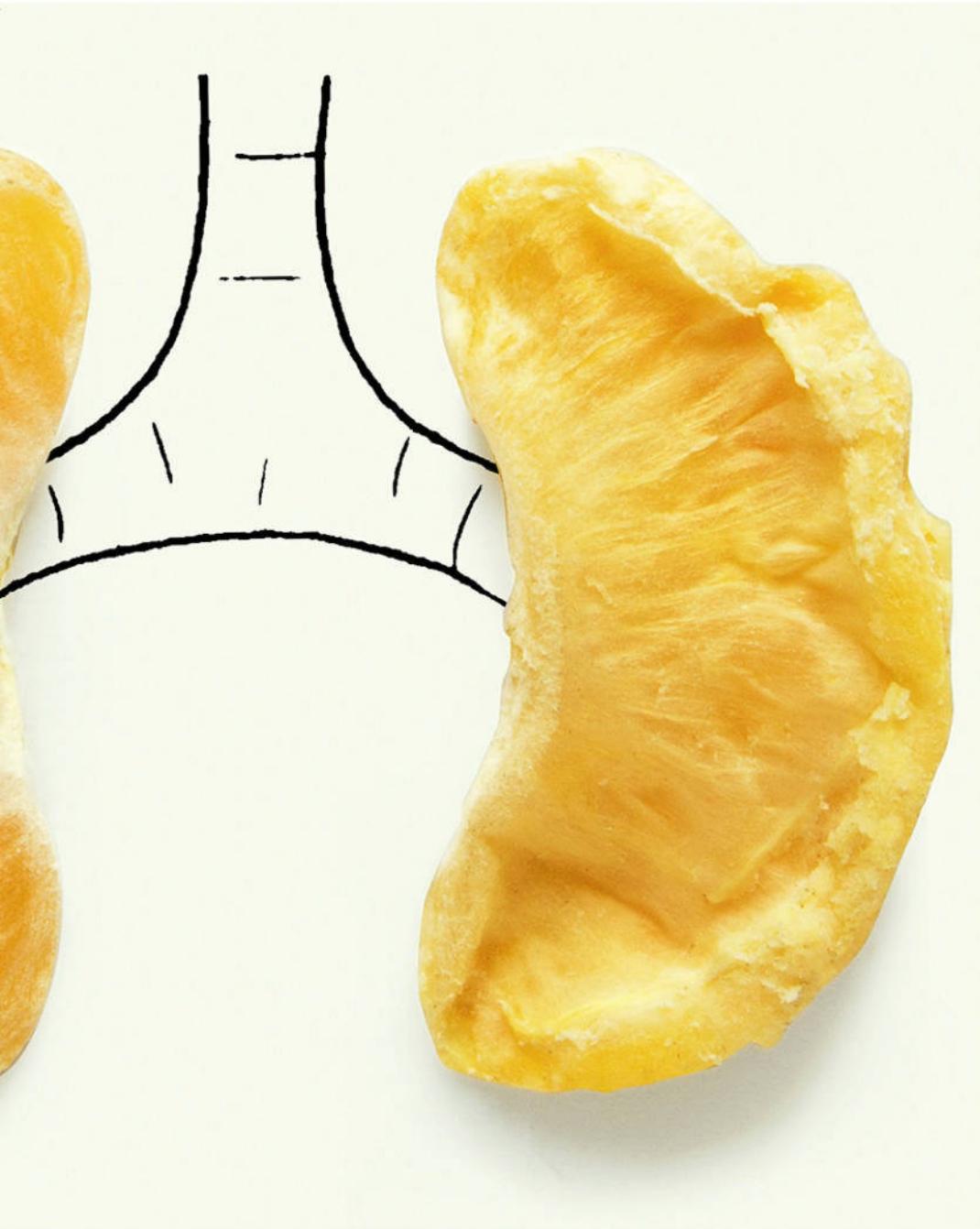
Jauregui-Baza was an avid exerciser; she ran or hiked daily, logging more than 100 miles each month. She ate clean, avoiding almost all processed foods. She figured she was too healthy for anything to be seriously wrong. But after developing flu-like symptoms, she went to an urgent care clinic in Los Angeles. The doctor thought it might be tuberculosis, based on the results of her cloudy chest X-ray and her recent honeymoon in Nepal, where the infectious disease is common. But a few days later, when the definitive test for TB came back negative, doctors did a lung biopsy to look for other causes.

The final diagnosis: Jauregui-Baza had stage IV lung cancer, the most advanced form of the disease; it had spread into the bones of her spinal column. "I thought the doctors had to be kidding," says Jauregui-Baza, now 32. "I've never even smoked, and I had just hiked to the base camp of Mount Everest. How could I have lung cancer?" The prognosis was grim: More than 95 percent of stage IV lung cancer patients succumb to the disease within five years of diagnosis. Jauregui-Baza was given just six months to live.

Until about a decade ago, most doctors considered it nearly impossible for young nonsmokers to develop lung cancer. "It would have been assumed that a tumor found on the lung had spread from cancer elsewhere in the body," says David



Carbone, MD, PhD, director of the James Thoracic Center at the Ohio State University Comprehensive Cancer Center. Today doctors know that isn't always the case: About one in five of the estimated 105,590 American women who will be diagnosed with the disease this year are what doctors call "never-smokers"—those who have literally never lit up or who have smoked fewer than 100 cigarettes in their lifetime. A 2012 French study revealed that from 2000 to 2010, rates of lung cancer among never-smokers shot up an alarming 33 percent. In fact, if lung cancer in



nonsmokers was its own category, it would rank among the ten deadliest cancers in the United States. This is in part because the symptoms—coughing, chest pain, shortness of breath—are so similar to those of common illnesses; as a result, the disease is often ignored by patients and overlooked by physicians.

That's what happened to Natalie DiMarco, a nonsmoker who was diagnosed at age 32. During a personal-training session one day, she was so winded, "it stopped me in my tracks," she says. "It didn't seem like I was just tired from

exercise." She made an appointment to see her primary care physician, who thought allergies were to blame. When she developed a nagging cough, she sought another opinion and was diagnosed with pneumonia. By the time her cancer was discovered through a biopsy six months later, DiMarco could no longer climb a flight of stairs without stopping to catch her breath. Like Jauregui-Baza, she had stage IV lung cancer.

If cigarettes aren't to blame, what is? Certainly, secondhand smoke plays a role, as do other environmental factors:

According to the U.S. Environmental Protection Agency, a leading cause of lung cancer in nonsmokers is exposure to radon, a radioactive gas, and in 2013, the World Health Organization officially recognized outdoor air pollution as another cause. But experts believe these factors account for only a fraction of lung cancer cases among young never-smokers. "These patients just aren't old enough to have had the degree of exposure we would typically associate with cancer," says Pasi A. Jänne, MD, PhD, director of the Lowe Center for Thoracic Oncology at Dana-Farber Cancer Institute in Boston. Though studies have linked lung cancer in never-smokers to other factors, from estrogen to viral infections like HPV, none has emerged as a definitive cause.

Researchers are having success looking for answers in the very place where cancer begins—our DNA. Advances in gene-sequencing technologies have helped doctors discover that certain cancer-causing mutations occur about two to six times more often in tumors of never-smokers than in tumors of those who have a history of lighting up. The good news: The FDA has approved drugs that can home in on these mutations and deactivate them. Although the meds are not a cure, they can buy some patients more time—sometimes years—before the cancer returns; in one clinical trial, a drug called Xalkori was found to slow the progression of a type of lung cancer more than twice as long as chemo.

Jauregui-Baza had been on Xalkori for more than two years and says it allowed her to live "almost the same life as before cancer." Recently, however, it stopped working. Now on a new drug, she's also taking part in a first-of-its-kind study by the Addario Lung Cancer Medical Institute that's looking specifically at the DNA of young people with lung cancer. The hope is to identify additional mutations that could point the way to better treatments. Jauregui-Baza remains optimistic: "If I can stay alive until the next treatment comes, I have a good shot at beating this." **O**

Reading Room

A REINCARNATED GOSSIP COLUMNIST, AN EVIL GENIUS, NOTORIOUS NEAPOLITANS, AND MORE



Twice as Good

A Pulitzer winner's latest is a stunning reminder that even wealth and status offer little refuge from racism.

IN HER POWERFUL MEMOIR and social history, *Negroland* (Pantheon), Margo Jefferson identifies and deftly explores the tensions that come with being part of America's black elite. Jefferson recalls her childhood in Chicago as a member of the "Third Race," the upper-class black folk who are the inhabitants of "Negroland": "a small region of Negro America where residents were sheltered by a certain amount of privilege and plenty." They were a different kind of black, never quite fitting anywhere but among themselves. "Inside the race we were the self-designated aristocrats, educated, affluent, accomplished; to Caucasians we were oddities, underdogs and interlopers."

We meet Negroland's antebellum founders, many of whom rose from slavery to become professionals and leaders. Jefferson writes of the civic organizations that sealed membership in this world, among them the Divine Nine Greek organizations, the Boulé, and Jack and Jill. Using short riffs alternating with longer meditations, she reveals all that it takes to be a citizen of this rarefied group, including the emotional costs of seeking "Achievement. Invulnerability. Comportment."



Negroland is at its searing best when Jefferson turns to her own life and the pressure of being not only excellent and black, but the right kind of black, preferably with skin that is café au lait and a nose like Lena Horne's that doesn't flare too much. Equally revelatory are her descriptions of moments when the protective bubble of Negroland is punctured—for instance, when her family travels to Atlantic City and a white hotel clerk, seeing they are black, demotes them to a sub-standard room.

Jefferson also documents her struggle with depression, made more difficult because giving in to it was "a privilege Good Negro Girls had been denied by our history of duty, obligation, and discipline. Because our people had endured horrors and prevailed, even triumphed, their descendants should be too strong and too proud for such behavior."

What emerges is a unique remembrance of a black girlhood shielded by advantage yet exposed to bigotry. *Negroland* exists to this day, but in a culture where it's necessary to insist that Black Lives Matter, its borders are far from secure. —ROXANE GAY



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OUT OF THIS WORLD



The cartoonist who gave us *Cancer Vixen* is back, with a graphic novel that takes cheerful aim at New York's It crowd—and herself. Marisa Acocella Marchetto's *Ann Tenna* (Knopf) is the sly, sweet story of a shallow social climber who's given a second chance at life—and this time might just get it right. A look at how the protagonist came to be....



Generation Next



In a highly anticipated new book, hope floats.



WITH THE PUBLICATION of his last two novels—soaring works that ingeniously analyze the complexities of our culture through characters both full-bodied and unforgettable—Jonathan Franzen proved himself unafraid to wrestle life's unanswerable questions and masterful at capturing our difficulty reconciling greed and ambition with a desire to do good. The tender precision with which *The Corrections* and *Freedom* dissect the hearts and psyches of their protagonists, then slowly allow them to redeem themselves, can bring a reader to tears. In his new book, *Purity* (FSG), Franzen subjects his heroes and heroines to even harsher tests, but this time they don't always rise to the occasion.

Purity "Pip" Tyler is a guileless millennial staggering under the weight of her college loans and getting no help from her neurotic mother, who has never told Pip who her father is or even her own real last name. Pip toils in a dead-end job and plays nursemaid to various down-on-their-luck roommates. She inhabits a Northern California without any of the sheen of the real place; from the oppressive cubicle she works in to the seedy apartment she squats in, this is no Golden State.

Meanwhile, in Germany (and later Bolivia), Andreas Wolf has emerged as a kind of Julian Assange on steroids. As a boy, Andreas was in thrall to his overbearing apparatchik mother, but as a man, he's grown to despise her. Seducing women comes as easily to him as breathing—he engages in the two activities with almost the same frequency—but none of his conquests mean a thing to him until, at age 27, he is captivated by a 15-year-old named Annagret. To prove his devotion, Andreas concocts a plan to murder Annagret's abusive stepfather, a ploy that doesn't quite win him the love he seeks, but launches him as a superstar whistle-blower: the founder of a WikiLeaks-type organization called the Sunlight Project.

If Pip is the embodiment of innocence and youthful authenticity, Andreas becomes the "Big Bad" Wolf, a cynical opportunist hiding behind a cause. When their paths finally cross—through what appears to be a coincidence but is actually a carefully orchestrated scheme devised to settle a score—Pip bewitches the now 50-something

Andreas, throwing him off his game. What follows is the unveiling of a subplot connecting Pip's past to secrets Andreas has held for years.

As with all of Franzen's fiction, there is much to admire in *Purity*, not least what reviewer David Gates once termed "microfelicities," the expertly calibrated turns of phrase and pleasingly digressive cultural references and riffs around every corner. Like his last two novels, *Purity* bends time, easing in and out of characters' pasts and presents until, before you know it, the disparate pieces of a life suddenly fit.

The big difference in this book is its lack of affectionate skepticism, the kind that allowed Franzen's earlier characters, such as Walter and Patty Berglund of *Freedom*, to be fatally imperfect yet finally noble. *Purity*'s characters—particularly its monstrous mothers and even the intriguing Andreas—never achieve that humanity. At their best, though, they remind us how far simple openness and kindness can go, as when Pip tries to help her parents make peace with each other so they can finally move forward. If, with all she has been denied, Pip still emerges whole and healthy and able to love, maybe all is not lost. —LEIGH HABER

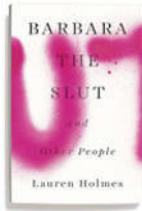


**IT'S LIKE
YOUR TONGUE
CRASHED INTO
A CHOCOLATY,
PEANUTY,
CARAMEL
ICEBERG.**



SOCIAL STUDIES

A new collection revels in human foibles.



LAUREN HOLMES'S debut, *Barbara the Slut and Other People* (Riverhead), is a book of deceptively simple short stories that pivot around themes of bullying, sadness, and shame. With polished prose and a wry dash of Miranda July-esque humor, Holmes has created a normcore cast of characters who stumble to communicate, withhold their true identities, and soldier through the slow letdowns of life: a daughter who attempts to

rekindle a relationship with her mother, who is trying to earn a buck by selling lingerie in a Mexican resort town; an undergrad who won't let her beater of a car or a foiled family vacation keep her from breaking up with her boyfriend; a persnickety pit bull that falls for its owner's former lover, a Swiss PhD with a fear of dogs. Like a shot of espresso, these tales awaken the senses and invigorate the daily grind. —**SARAH MEYER**

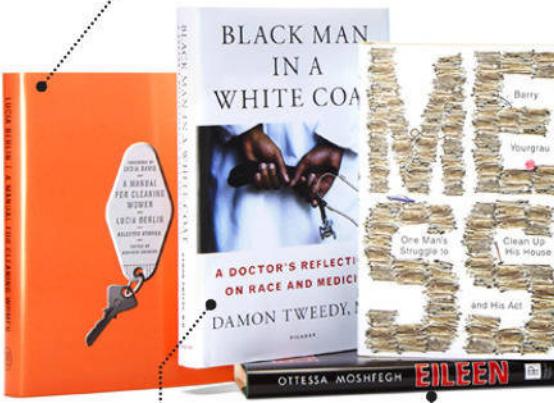


10 TITLES TO PICK UP NOW

A Manual for Cleaning Women

by Lucia Berlin

A study of tattered lives in the American Southwest, this posthumous collection of Berlin's fiction reilluminates a neglected talent. Whether set in a dingy laundromat in Albuquerque or a detox center in Oakland, each story explores the quiet catharsis and nuanced melancholy of the everyday.

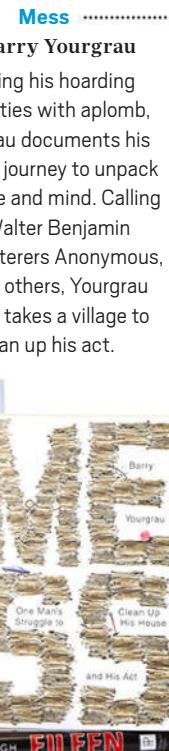


Black Man in a White Coat
by Damon Tweedy, MD

A proud med student at Duke, Tweedy was rocked to the core when a professor assumed he was a janitor who'd come to fix the classroom lights. In this fascinating, heartbreaking memoir, Tweedy documents his experiences as an African American doctor in a medical system that can be "just as sick as its patients."

Mess

by Barry Yourgrau
Battling his hoarding proclivities with aplomb, Yourgrau documents his winding journey to unpack his home and mind. Calling on Walter Benjamin and Clutterers Anonymous, among others, Yourgrau finds it takes a village to clean up his act.



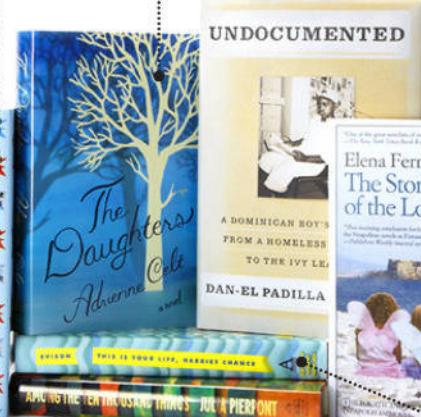
Eileen
by Ottessa Moshfegh

Rife with dark emotions and twisted fantasies, Moshfegh's psychological thriller is the sinister account of the reclusive Eileen, whose prospects for escape from her abysmal life take a turn for the worse when a friendship with a coworker spirals into obsession.

Fortune Smiles

by Adam Johnson

By the Pulitzer Prize-winning author of *The Orphan Master's Son*, this entrancing collection of stories features a cast of characters who honor, romanticize, and attempt to return to their troubled pasts.



Among the Ten Thousand Things
by Julia Pierpont

In anticipation of her 12th birthday, Kay tears into a box she believes to be an early present. But the contents—printouts of racy emails between her father and his young lover—are anything but a gift. Pierpont's lithe debut novel is a sensitive meditation on betrayal and the anger and despair that follow.

The Daughters

by Adrienne Celt

After the birth of her daughter, opera sensation Lulu fears a family curse has made her lose her voice, in Celt's lyrical debut novel about the perplexing riddle of inheritance.

Undocumented

by Dan-el Padilla Peralta

In his harrowing, ultimately uplifting memoir, Padilla, a young, undocumented immigrant, carves the diem (and every book he can get his hands on) while shuttling between homeless shelters, and goes on to excel at Princeton and Oxford.

The Story of the Lost Child

by Elena Ferrante

In the final book of her quartet of Neapolitan novels, Ferrante has produced something extraordinary: a ferocious, intimate yet sweeping epic that exposes the interior lives of two women and the clash of tradition and modernity.

This Is Your Life, Harriet Chance!
by Jonathan Evison

Evison's rollicking novel is a close-up of the life of 78-year-old Harriet Chance, whose Alaskan cruise highlights include indulging in endless seafood buffets, acquiring touristy tribal knickknackery, and discovering the secret of her deceased husband's decades-long affair with her best friend. —**S.M.**



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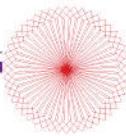
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Books Without Borders

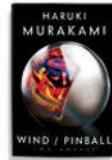
Explore the unfamiliar with new novels by three daring writers.



Salman Rushdie's exuberant new work, **Two Years Eight Months and Twenty-Eight Nights** (Random House), a retelling of what we know as *The Arabian Nights*, opens with a romance between a 12th-century Spanish doctor and Dunia, a female jinn (a.k.a. genie)—a union that spawns hordes of children who scatter across continents and into the future. Rushdie's reach is vast: He satirizes the promise and peril of globalism even as he taps a spectrum of literary genres in a tender ode to the wondrous art of spinning tales.



The first two volumes of Amitav Ghosh's Ibis trilogy brought to life the years leading up to the first Opium War, the conflict between Britain and China over the opium trade. In this final installment, **Flood of Fire** (FSG), the *Hind*, a British Indian vessel, sails east to China in 1840 as part of that military escalation, carrying a diverse group of passengers: a destitute American sailor, an ambivalent Indian soldier, a steely widow. Amid the clash of cultures, Ghosh imbues his narrative with historical sweep and the lavish sights and sounds of southern Asia, beautifully dramatizing the rise of Hong Kong and the strained legacy of European colonialism.



In 1978, Haruki Murakami, the 29-year-old proprietor of a jazz café in Tokyo, sat at his kitchen table to compose his first novel, **Hear the Wind Sing**, and he closely followed it with **Pinball, 1973**. Largely unavailable in English until now, the novels (published in one volume by Knopf) chart the bohemian adventures and erotic escapades of two restless young men, the unnamed narrator and an aspiring writer. The stories don't feel like apprentice work; Murakami's trademark postmodernist flourishes abound—disrupting the narrative to insert a song lyric, say, or a graphic of a T-shirt—and never fail to surprise and delight. —HAMILTON CAIN



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NORDSTROM



September 2015

This month we hope you'll take our advice to the letter—and start noticing how **a great story** can open your eyes, mend your heart, and change the way you see the world (page 108).... Feeling burned-out on your tired old kitchen? Good news: We've got easy tips for whipping up a **delicious new look** (page 124).... And join Adam Glassman as he helps Gayle curb her accessories addiction—and zeroes in on a few pieces that are **just her type** (page 130)....



WHAT'S YOUR Story?

When you **share your journey with the world**, you make sense of the past, look to the future, and invite insight into your life like never before. We'll show you how to **tune in to the extraordinary stories all around you**—and help you start telling your own.





and change the way we see



Step into My Shoes, and I'll Step into Yours

*National Book Award–winning novelist and Narrative 4 cofounder
COLUM McCANN on the profound power of story.*

IMAGINE THIS: It's August 1950. He is Irish. He is in London. He is engaged to be married to a dark-haired, blue-eyed farm girl from Northern Ireland. Shortly before the wedding she gets cold feet and cancels the service. In his grief he joins the air force and is sent to Egypt as an intelligence officer.

Six months pass. He writes to her every day. She takes a seven-day boat journey to Port Said, where he meets her on the docks, takes her hand, spins her in the air. They defy curfew so she can find a place to get her wedding dress ironed.

They marry the next day. It is 106 degrees in the reception tent. A light wind blows, and the torn flap of the tent applauds.

This story will bind them together for the next 64 years.

Our stories are the glue of what we are. They stitch together what we become. Our ability to tell them is fundamental to how we celebrate and examine our lives.

After we have satisfied the need for water, food, a roof, companionship, storytelling is where we turn for encouragement in how to live. Through it we look to affirm our joy and, at times, our despair. Sharing our stories reminds us what we believe in, and helps us make sense of a fickle world. They are common, yet we tell them because our experiences are so uncommon. No two stories are ever the same, even when told by the same person using the same words. They are our fingerprints.

That embarrassing memory—when you went on a short-term hunger strike—your brother resurfaces every Christmas. That school yard incident—when you were caught smoking in the shed—your old classmate insists on recalling. That slice of hilarity—when a pigeon left droppings on your early bald spot—your son tells whenever family gatherings roll around. In the process of remembering, we memorialize, delight, instruct, and connect. Our stories can also be dangerous when manipulated or twisted. Whether grand or trivial, stories and the ways we tell them shape us and the world.

It is 1965. They've returned to Dublin. In his job as a newspaper features editor, he's been given a half-dozen rosebushes he has no use for. At home, he shoves them haphazardly into the ground.

The following year they take their four children for a stroll near the sea. They happen upon a flower show in Dún Laoghaire. It is an hour until the last entry can be made. On a whim he speeds home, clips his own roses, puts them in a vase, drives back, and enrolls in the competition, winning second prize.

He builds a greenhouse and begins to breed roses. Miniatures, hybrid teas, floribundas. It becomes his passion. He writes: "A man who wears a rose in his hat owns the whole world."

One of the first roses he creates is named for her: He calls it Sally Mac. He will later describe it as a "Cairo red."

The brain turns into a carnival when we tell our stories. According to neurobiologists, lights switch on in our heads. Neurons fire more rapidly. Synapses make shotgun connections. Oxytocin, a natural feel-good hormone, can be released in floods, whether the story is happy or sad. Through the simple act of telling, we are reimagining ourselves. This doesn't occur only when we share our own stories. It happens even more spectacularly when we hear the stories of others. Through listening, we can have as many lives as we want. We can be the child riding her first bicycle, or who's just learned to throw a baseball. The miner trapped down the shaft. The woman who survives breast cancer.

We tell each other what's happened to us not only because we want to know we're worthwhile, but also because we want others to feel worthwhile. Stories are almost inevitably reciprocated. We speak, we are attentive, and our lungs begin to fill with the breath of life.

We are captivated by the music of what might happen next.

When all is said and done, when the last sound goes off in the darkness, everything can be taken from us—our houses, our identities, our health, our loved ones—but our stories remain.

Through our stories, we survive.

My father died in February of this year. He was 85. He went gently, no tubes, no oxygen masks, no screeching late-night ambulance. Earlier, my mother sat by his bed and sang him "The Last Rose of Summer." Cairo. Red. He had sometimes worn that rose in his hatband.

Somewhere far away in time, but not in memory, a tent door was flapping.







Life Is Short

Especially when you compress it into a single magical sentence. **BY AMY HEMPEL**

THE MOST REVEALING story I've written is also the shortest. Here is "Memoir" in full: "Just once in my life—oh, when have I ever wanted anything just once in my life?"

If the short, short story is "like a short story, only more so," as one writer put it, then the one-sentence story is the defining moment, the thing that encapsulates a person, with precision and efficiency, memorably. The defining moment is about recognition, and sometimes recognition can inspire a call to action, make a case for change. Or not. Maybe it just conjures reflection, even resignation.

A new friend told me a lot about herself when she proposed that her epitaph read **SHE WOULD HAVE GOTTED MORE DONE, BUT SHE HAD DOGS.** An old friend, an improv comic, wrote the story of his show-biz career: "He started at the bottom; he aimed for the top; he ended up somewhere below in-between." Succinct, aphoristic, the one-sentence story that illuminates a life can be a punch line, an epitaph, a proverb, or an actual memoir (the standout for me from the collection *Not Quite What I Was Planning: Six-Word Memoirs*: "Found true love, married someone else").

I also see stand-alone life stories within longer works. From the novel *Lights Out in the Reptile House*, by Jim Shepard: "It was possible to have kinds of homecoming without home." And from the Mary Robison story "Pretty Ice": "My father had been dead fourteen years, but I resented my mother's buying a car in which he wouldn't have fitted."

The sentence is the basic unit of construction in a story, and when that sentence is the whole story, the story of your life, you can find clarity, bite, and a spotlight turned on the person you are, or were, or someday want to be. As David Mamet once wrote, "Omission is a form of creation." So much is said in these sentences, amplified because the authors left out all the right things.

YOUR TURN!
Share your own one-sentence tale on Twitter or Instagram; see oprah.com/1sentencestory for more.

STORIES ALL AROUND

Love, Loss, and What We Ate

Recipe cards reveal who we are—and how we give of ourselves, writes *Naomi Barr*.

MY GRANDMOTHER is baking in our kitchen. I'm 8 years old and standing next to her, mesmerized as she kneads challah dough to just the right texture—not too wet, not too tough. She smells like flour and wears her thin gray hair pulled back into a neat bun, her hairpins still showing through. She painstakingly rolls out rugelach to a perfect eighth-inch thickness, then fills it with nuts and jam and pinches the dough back onto itself. She hands me the scraps to make a cookie of my own.

My grandmother cooked by feel and taste, wrote recipes down only when asked. And so the few that survive more than 30 years later—the hamantaschen she made for Purim, the blintzes and sweet noodle kugel we had on the high holidays—are precious. When I was a child, these recipes, along with

dozens more

my mother collected, lived in plastic cases or stuck between pages of cookbooks.

I forgot about them until my mother died. But as I went through her things, I set aside every card and clipping from her and her mother, though I'm not a cook. They belonged

to my family, my childhood; I knew I couldn't leave them behind. And as I leafed through the stained and worn cards, I was transported. My grandmother's matzo ball soup, its recipe card yellowed and creased, was a Friday tradition when she visited, even on sticky summer nights when I grumbled that the temperature outside was as hot as the soup. My mother's careful ballpoint script returns me to the local library, where she would studiously copy recipes from the latest issue of *Gourmet*: Moroccan chicken with olives, curried lamb, watercress vichyssoise.

I'll never make most of these dishes, but I don't need to. The recipes are enough. Each one tells the story of how these women fed the people they loved—and reminds me that I was among them.

TELL IT!

"Story is a sacred visualization, a way of echoing experience."

—TERRY TEMPEST WILLIAMS







The Unreliable Narrator

The most powerful stories may be the ones we tell ourselves, says BRENÉ BROWN. But beware—they're usually fiction.

MY HUSBAND, Steve, and I were having one of those days. That morning, we'd overslept, Charlie couldn't find his backpack, and Ellen had to drag herself out of bed because she'd been up late studying. Then at work I had five back-to-back meetings, and Steve, a pediatrician, was dealing with cold-and-flu season. By dinnertime, we were practically in tears.

Steve opened the refrigerator and sighed. "We have no groceries. Not even lunch meat." I shot back, "I'm doing the best I can. You can shop, too!" "I know," he said in a measured voice. "I do it every week. What's going on?"

I knew exactly what was going on: I had turned his comment into a story about how I'm a disorganized, unreliable partner and mother. I apologized and started my next sentence with the phrase that's become a lifesaver in my marriage, parenting, and professional life: "*The story I'm making up* is that you were blaming me for not having groceries, that I was screwing up."

Steve said, "No, I was going to shop yesterday, but I didn't have time. I'm not blaming you. I'm hungry."

Storytelling helps us all impose order on chaos—including emotional chaos. When we're in pain, we create a narrative to help us make sense of it. This story doesn't have to be based on any real information: One dismissive glance from a coworker can instantly turn into *I knew she didn't like me*. I responded to Steve so defensively because when I'm in doubt, the "I'm not enough" explanation is often the first thing I grab. It's like my comfy jeans—maybe not flattering, but familiar.

Our stories are also about self-protection. I told myself Steve was blaming me so I could be mad instead of admitting that I was vulnerable or afraid of feeling inadequate. I could disengage from the tougher stuff. That's what human beings tend to do: When we're under threat, we run. If we feel exposed or hurt, we find someone to blame, or blame ourselves before anyone else can, or pretend we don't care.

But this unconscious storytelling leaves us stuck. We keep tripping over the same issues, and after we fall, we find it hard to get back up again. But in my research on shame and vulnerability, I've also learned a lot about resilience. For my book *Rising Strong*, I spent time with many amazing people—from Fortune 500 leaders to long-married couples—who are skilled at recovering

from setbacks, and they have one common characteristic: They can recognize their own confabulations and challenge them. The good news is that we can rewrite these stories. We just have to be brave enough to reckon with our deepest emotions.

In navigation, dead reckoning is how you calculate your location. It involves knowing where you've been and how you got there—speed, route, wind conditions. It's the same with life: We can't chart a new course until we find out where we are, how we came to that point, and where we want to go. *Reckon* comes from the Old English *recenian*, meaning "to narrate." When you reckon with emotion, you can change your narrative. You have to acknowledge your feelings and get curious about the story behind them. Then you can challenge those confabulations and get to the truth.

I'll walk you through it. The next time you're in a situation that pushes your buttons—from a breakup to a setback at work—and you're overwhelmed by anger, disappointment, or embarrassment, try this practice.

Engage with your feelings.

Your body may offer the first clue that you're having an emotional reaction; for instance, your boss assigns the project you wanted to a colleague, and your face begins to feel hot. Or your response may involve racing thoughts or replaying the event in slow motion. You don't need to know exactly where the feelings are coming from; you just have to acknowledge them.

My stomach is in knots.

I want to punch a wall.

I need Oreos. Lots of them.

Get curious about the story behind the feelings.

Now you're going to ask yourself a few questions. Again, it's not necessary to answer them right off the bat.

Why am I being so hard on everyone?

What happened right before this Oreo craving set in?

I'm obsessing over what my sister said. Why?

This step can be surprisingly difficult. You're furious because Todd got the project, but it may feel easier to steamroll over your anger with contempt: *Todd's a brownnoser. This company's a joke.* Getting curious about your feelings may lead to some hard discoveries:

TELL IT!

"What stories can do...is make things present."

—TIM O'BRIEN



What if you're more hurt than you realized? Or what if your attitude could have played a part? But pushing through discomfort is how we get to the truth.

Write it down.

The most effective way to become truly aware of our stories is to write them down, so get your thoughts on paper. Nothing fancy—you can just finish these sentences:

The story I'm making up...

My emotions...

My body...

My thinking...

My beliefs...

My actions...

For instance, you might write, *I'm so peeved. I feel like I'm having a heatstroke. She thinks I'm incapable. I want to hurl a stapler.*

You can be mad, self-righteous, confused. A story driven by emotion and self-protection probably doesn't involve accuracy, logic, or civility. If your story contains those things, it's likely that you're not being fully honest.

Get ready to rumble.

It's time to poke and prod at your findings, exploring the ins and outs. The first questions may be the simplest:

1. What are the facts, and what are my assumptions?

I really don't know why my boss picked Todd. And I didn't tell her I was interested in the project—I figured she knew.

2. What do I need to know about the others involved?

Maybe Todd has some special skill or she has me in mind for something else.

Now we get to the more difficult questions:

3. What am I really feeling? What part did I play?

I feel so worthless. I'm failing in my career. And I don't want to ask for anything because someone might say no.

You may learn that you've been masking shame with cynicism, or that being vulnerable and asking for what you want is preferable to stewing in resentment. These truths may be uncomfortable, but they can be the basis of meaningful change.

Figuring out your own story could take 20 minutes or 20 years. And you may not make one big transformation; maybe it's a series of incremental changes. You just have to feel your way through.

If you're thinking this sounds too hard, I get it. The reckoning can feel dangerous because you're confronting yourself—your fear, aggression, shame, and blame. Facing our stories takes courage. But owning our stories is the only way we get to write a brave new ending.

Brené Brown, PhD, is a research professor at the University of Houston Graduate College of Social Work and the author of *Daring Greatly*. This essay is adapted from her new book, *Rising Strong: The Reckoning*. The Rumble. The Revolution.

STORIES ALL AROUND

On This Very Spot

A plaque is an invitation, writes *Katie Arnold-Ratliff*, to delight in the tiny bit of history that unfolded where you stand.

AT SOME POINT in time—June 1952, or the Paleozoic era, or six weeks ago—something happened on the patch of planet you're currently occupying. In 1888, in the building before the building before the building you're in now, maybe a man proposed to his beloved in the very spot where you're sitting; and perhaps 458 years before that, when there was no building at all, a teenage girl watched a shooting star; and 150 million years earlier, maybe a stegosaurus egg hatched in just that place and a scaly little guy greeted the world. Every chunk of dirt on earth has been the setting of more stories than we can fathom, most of them long forgotten.

But some people refuse to forget. Some people commemorate the events they find important, even if they're important only to them. Thank goodness some posterity-minded soul put plaque to stone in Makanda, Illinois, where in 1859, Boomer the Three-Legged Hero Dog perished while reportedly attempting to extinguish a fire

with his pee. Praise be to the citizens of Sylacauga, Alabama, who erected a statue in appreciation of the eight-and-a-half-pound meteorite that bulletted through Ann Hodges's roof in November 1954 and smacked her on the hip. And what if no one had marked the Quartzsite, Arizona, tomb of Mr. Hi Jolly, who was hired by the U.S. government to test the military utility of camels? Many years ago, someone was pained to think we might forget these things. Many years ago, someone took the trouble to ensure we wouldn't.

In doing so, that someone put a story in your path, offered it to you as a gift. So when you happen upon a site marker, a plaque, a statue, a monument, or a memorial, stop and look. Do it to remember that every strange, singular life—every brave dog and comet-slapped homeowner and intrepid camel tester—is but one grain of sand on a beach the size of infinity. How kind it is, how generous, how stirring, to give a grain its moment in the sun.

TELL IT!

“There is no agony like bearing an untold story inside you.”

—ZORA NEALE HURSTON





Gayle Kabaker

STORIES ALL AROUND

The Small Stuff

What we leave behind speaks volumes about who we were. **BY AMY MACLIN**

IENTERED THE abandoned house of the late Don Fletcher with a great sense of pity. Don (a pseudonym, by the way) had died of cancer in his mid-60s without leaving any children. The place had sat empty for several years by the time my friend Laura moved in next door. She said his junk was still there, rotting.

Some of the pity was for myself: Like Don, I had no heirs, and I had no heirlooms. Occasionally I worried that after I died, strangers would behold my beloved but inconsequential possessions—cheery melamine plates, little vases of sea glass—and decide I'd led an inconsequential life.

But Don's house, despite its primordial ooze of trailing vines and sodden carpet, was no sad-sack mausoleum. As I poked around, I discovered it was the Museum of Don Fletcher. According to his bookshelves, Don had been a seeker: *The Bhagavad Gita*, *The Road*

Less Traveled, *Cosmos*. A stack of fliers told me he'd taught Greek folk dancing. He'd been a lover of vegetarian cooking; also a lover, given his modest collection of earthy '70s sex manuals. And taped to his desk was a diagram illustrating where taste receptors live on the tongue: bitter, sour, salty, sweet. Was it some kind of handy reference, or had it just delighted him?

I love you, Don Fletcher, I thought. I bet you had a moustache. If only we could have broken plates together, Greek-style. No exquisite heirloom could have made me feel that way. An heirloom is a synecdoche, one small thing meant to memorialize us when we're gone. But Don's collection of worthless objects told the story of a whole life—not bitter and sour, but salty and sweet—and left a stranger sorry she would never know him. I hope my stuff will do the same. I can't imagine anything closer to immortality.

In the Mood for a Tale?

Four fine places that celebrate the vibrancy and importance of story.

NARRATIVE 4

In June 2012, an unprecedented gathering of writers and social justice advocates—among them novelist Colum McCann—convened to dream about how the world could be transformed through story. The result is Narrative 4, an endeavor that has gone global. Going into schools and other communities, N4 aims to foster “fearless hope through radical empathy” via story “exchanges” in which two people share their stories and then each retells the other’s. (narrative4.com)

STORYCORPS

Dave Isay’s now-legendary oral history project began in 2003 with one recording booth in Grand Central Terminal. From then on, people began to tell their stories—the mother who forgave her son’s murderer, two former students who recalled their formidable Sunday school teacher. Twelve years and more than 50,000 recording sessions later, these individual stories constitute a legacy. Join the contributors or listen in at storycorps.org.

THE KITCHEN SISTERS

Davia Nelson and Nikki Silva are radio anthropologists. These Peabody Award–winning journalists have dedicated their lives to uncovering the origins of folk traditions—burgoo, Russian “bone music,” Jamaican “chicken pills”—and recording the stories of the everyday people who contributed to their evolution. Their work, including two Tina Fey–narrated *Hidden World of Girls* programs, can be heard on NPR or on their website. (kitchensisters.org)

HUMANS OF NEW YORK

It's only five years old, but this exhilarating blog launched by street photographer Brandon Stanton has nearly 20 million followers who delight in its daily portraits of the colorful characters populating New York City. A little girl blowing bubbles, elderly neighbors chatting on the sidewalk, a dog walking itself on Eighth Avenue: Stanton finds splendor in the ordinary, and every day posts new pictures he snaps along with captions in the words of his subjects. (humansofnewyork.com)

—Natalie Beach



STORIES ALL AROUND

Now They're Talking!

In praise of eavesdropping, by Jessica Winter.

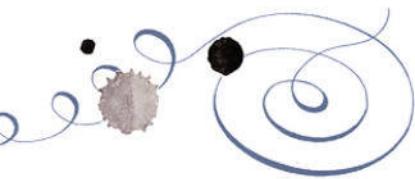
ONE AUTUMN DAY in north London 13 years ago, I found myself standing in a video store, gripping a wooden display case with one hand, the other hand clapped over my mouth, shocked and delighted to be privy to a stranger's graphic account of a mutually satisfying sexual encounter: forensic in its details, plum-guts-purple in its prose. I didn't have to try very hard to hear her phone conversation. This lady—and you'd have never guessed what an acrobatic being lurked beneath her peacoat and spearmint scarf; the encounter she described was positively yogic in its variety of positions—had

pitched her voice at a volume that said, *Listen if you will. I have nothing to hide.* Or maybe it was saying something simpler: *It's 2002, and none of us have figured out public mobile-phone etiquette yet.*

The cell-phone Wild West of the early aughts was a peak era for overheard conversation. Now that we've transitioned from yapping to tapping, there are fewer opportunities to eavesdrop—but that only makes for a more refined and rewarding art. At its best, eavesdropping feels like reading a fragmentary but delicious novel: The narrative meets you most of the way, but it's

up to you and your imagination to fill in shades of context, foreshadowing, tantalizing dropped beats here and there. This morning my baby daughter and I went to Union Square Park in Manhattan. On the bench to our left, a male-female couple squabbled amiably about her addiction to Instagram; to our right, two teenage girls debated names for Kim and Kanye's second kid. My daughter began to squirm off my lap to inspect the structural integrity of our bench, babbling, and I babbled back, happy to join the chorus of stories wafting and streaming all around us.





One Day at a Time

It may seem silly to record the minutiae of your life, but to SARAH MANGUSO, that's what matters most.

I'VE KEPT A DAILY DIARY for more than 20 years. As soon as I record a day, I forget most of it. That's the point—the diary gives me permission to forget, lets me make room for the practical things I need to remember.

Sometimes, just to see what I'll find, I return to a day from 5, 10, 15 years ago. Sometimes it's about what I ate. Often it's like reading about someone else's life. But it all slowly returns. Some entries are miniature histories of places I'll never see again; as I read, their long-forgotten details become startlingly vivid.

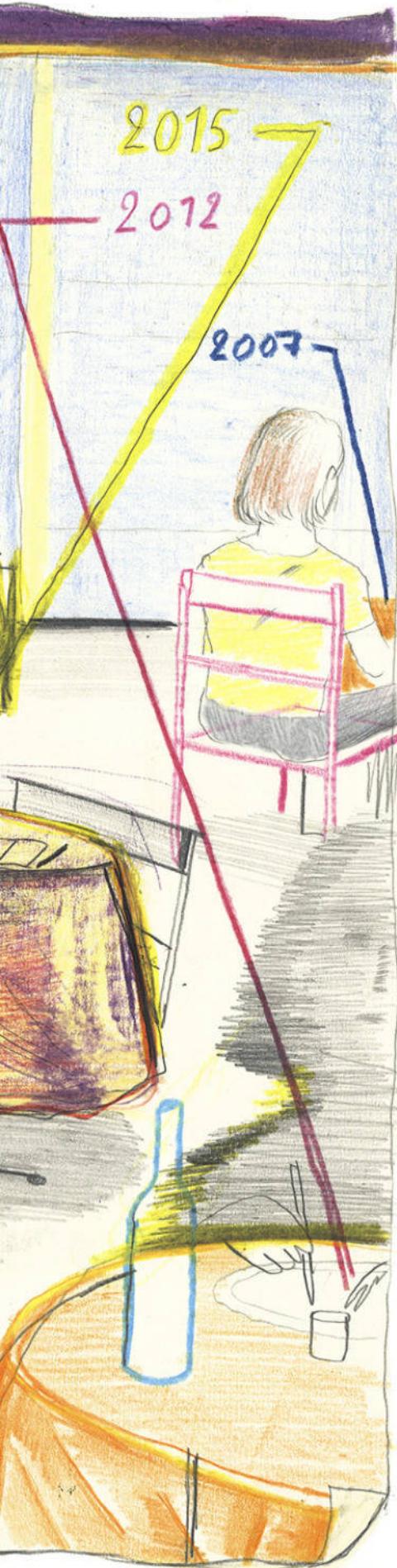
1996, a falafel sandwich from a food cart. That day it rained so hard during my lunch break, and I stood in the archway of my building in a knot of people, watching the fast, tiny storm pass overhead until it was gone.

1997, a meatloaf sandwich with my boyfriend and his mother. There was mayonnaise on the bread. I couldn't believe his mother, such a sophisticated person, would use mayonnaise from a jar. There was another guest, a newspaper editor, to whom she spoke perfect French.

2001, a lamb sausage sandwich in a Middle Eastern restaurant. Shortly after I finished eating it, I played the best pool game of my life. I held my breath as I watched my bank shot sink the eight ball. Afterward my date gave me a fatherly hug that we laughed about for months.

I try to document the moments that, while intense, contain nothing momentous. They're the events most likely to fade, and their details are precious. When I read about a 15-year-old sandwich, I travel not just to a forgotten time, but to a forgotten self. I recall not simply what I ate, but who I was.





STORIES ALL AROUND

Written in Stone

Want to celebrate life in all its tragedy and triumph?
Visit a graveyard. *By Penny Wrenn*

HERE IN this cemetery near Lancaster, Pennsylvania, I'm crafting an epic. I'm starting with footnotes, the clues at my disposal: the graves. These dates (born, married, died) and designations (daughter of, wife of, mother of) are the bones of a narrative. So I'm weaving, spinning, flat-out making up.

I don't know the Shanabrooks, a mother and daughter who share the first name Violet. But they were a helluva twosome, I'm sure. When Big Violet went to the Amish market on Saturday, Little Violet followed in lace-up black shoes. Big Violet taught Little Violet how to say her prayers. In 1972, when Big Violet died, Little

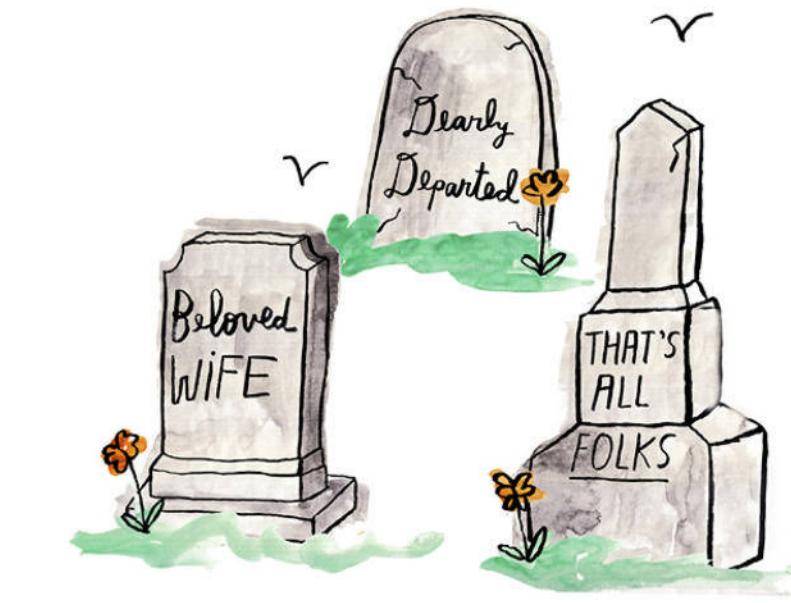
Violet said those prayers at her mother's bedside.

The Violets are unique; most of the shared plots belong to spouses. Henry and Lillian Dotterer both were born in 1906. Oh, wait—maybe they were twins. Maybe Lillian was Henry's never-married sister who eschewed the word *spinster* and joked that Henry was the only man she could tolerate. Henry and Lillian died in 1972 and 1971: He survived only a year without her.

And then there's Ethel Gerlach, married to John F. Gerlach. If Ethel were here, I'd be all, "Tell me, was he as handsome as the other John F.?" Ethel

would go, "The president had nothing on my husband." In 1939, Ethel had her first child, Bobby. It's the Bobby Gerlachs of the world who make cemetery math a wrenching proposition: His stone reads 1939–1948 and is engraved with the phrase STEP SOFTLY, A DREAM LIES BURIED HERE. In 1950, Ethel had Connie Lou. 1950–1950, Connie Lou's stone reads. And then: BUDED ON EARTH TO BLOOM IN HEAVEN.

A grave like the Gerlachs' is a sweeping tale; it's *Roots* and *Gone with the Wind*. But this isn't fiction. These were real people, people who lived. Lived, loved, hoped. Tried, failed, healed. Were born, married, and died.



TELL IT!

"The universe is made of stories, not of atoms."

—MURIEL RUKEYSER





Speak Memories

No matter what you've been through, it can become beautiful in the retelling. **BY ELIZABETH GILBERT**

EVERYBODY IN MY FAMILY is a talented storyteller. We can't play team sports, we have a tiny little problem with drinking, and we're all pretty dysfunctional about money—but man oh man, can we tell a good story.

I spent my childhood watching narratives get spun, twisted, and renegotiated as family events were transformed from incidents into stories. There's a big difference, it turns out, between the two. An incident is an event that happens in real time, with real consequences, usually involving real (and raw) human emotion. A story is what you make out of it later. Incidents are wild and dangerous; stories are controlled and reassuring. In the process of building a story, you sand down the sharp edges of an incident, buffing away all the pain and immediacy and urgency, creating something you can carry around safely in your pocket. A story is a magnificent thing because it puts you back in control.

Growing up, my grandfather used to tell the tale of his cousin who had a habit, back in the 1950s, of getting drunk late at night and then going for nude swims in the Erie Canal, all alone. One night this poor fellow locked himself out of his truck—which contained his clothing. He was forced to walk home, several miles along the one main road of his hometown, wet and naked.

But it gets better! My grandfather's cousin had found a tiny washcloth in the bed of his pickup truck—the only thing he could use to hide his nakedness. As he walked home, whenever he saw a car approaching from the front, he would use the washcloth to cover his private parts. Whenever he heard a car approaching from the back, he would cover his bottom. Inevitably, of course, two cars approached from both directions at exactly the same time. Should he cover his privates or his bottom?

"So I asked him," my grandfather said, "What did you do?"

And the cousin shook his head ruefully and replied,

"All I can say is this: I've always hoped that I made the right decision."

God, how I loved that story!

Of course, as an adult, I can see that it might not have been so hilarious back when it was actually occurring—back when it was an incident. But my grandfather's cousin had taken that unhappy incident and crafted it into a really good story, which he then gave as a gift to his family. He may have exaggerated some of the funnier details while editing out some of the sadder ones. My grandfather himself, over time, probably embellished the story even more. I may have just embellished it myself, retelling it here. Some may have a problem with this. They might say we are obscuring the truth. But I think it's fine. I even think it's humane. The truth is hard enough when it's happening.

Here's another example: From 2001 to 2003, I went through an awful divorce. This was an unhappy incident, indeed. I was miserable, depressed, shamed. At the time, a well-meaning friend said, "Hey, you're a writer! Someday you'll write about this!" I was offended, thinking it impossible that I could exploit my own pain for a story.

But I did transform my incident into a story. I had no choice, really—it's my inheritance. Not that writing *Eat Pray Love* was easy. Figuring out how to make a good story out of an unpleasant incident never is. What should I leave in, what should I take out? The choices matter because your history is whatever you choose to tell about yourself. I thought, *Which private parts of myself should I cover up, and which private parts should I reveal?* It was intense. The emotional stakes were high. It felt like traffic was coming in both directions and the only thing I had to protect myself was a tiny little washcloth of words. All I can say is this: I've always hoped I made the right decision.

TELL IT!

"For what is story if not relief from the pain of the inconclusive, from dread of the meaningless?"

—MONA VAN DUYN

Elizabeth Gilbert's new book on the power of creativity, Big Magic, is out September 22.

STEAL THIS KITCHEN!

WRITTEN BY CLARISSA CRUZ

PHOTOGRAPHS BY SANG AN

Okay, not the kitchen itself—just enough of its fantastic design ideas to give the heart of your home a fresh new look.

The surprising secret of a kitchen upgrade: Focus on the little innovations, not the major renovations, say Jesse Carrier and Mara Miller, the husband-and-wife team behind the New York City interior design firm Carrier and Company, which designed this stunning kitchen in Southampton, New York, along with project architect John David Rose and kitchen designer Rick Raffel of E.T. Raffel Cabinets. "Life changes quickly and often unexpectedly," Miller says. "Better to personalize your home with possessions than capital improvements." Carrier and Miller have a client list full of boldface names, including fashion designer Jason Wu, photographer Annie Leibovitz, and *Vogue* editor Anna Wintour. But some of the tips and tricks the duo has learned in their combined 38 years of experience are as applicable to a cozy apartment as they are to a grand estate. Here are some of their favorite ways to spice up a kitchen, no general contractor required.

EASY UPGRADE Paint

Stay in neutral territory. Red walls may be tempting, but white, gray, and charcoal shades are your best bet. "Go calm and light—you're in the kitchen all the time, and you can grow tired of a bright color," says Carrier, who prefers whites with gray undertones like the paint on these cabinets. Stark white can feel institutional, he says, and beige can look dirty. *Paint, Wickham Gray, Benjamin Moore.*





MAJOR IMPACT Backsplash

Again, keep it simple and classic. "We aren't fans of the glitz backsplashes you often see on the design and renovation TV shows," says Miller, who likes white subway tiles or square tiles in a soft glaze that blends with the cabinet color. (Her tip for clients on a budget: Visit high-end showrooms for inspiration, and then head to a big-box store to see what you can replicate.) "Trendy tiles ultimately date a kitchen or compete with the appliances." *Backsplash, Country Floors.*

EASY UPGRADE Cabinet Knobs and Pulls

If you can use a screwdriver, you've got this. Replacing drawer hardware can change the entire look of a kitchen with little effort. "The feel of the knob is important: Too thick and they're hard to hold; too skinny and they can feel cheap," says Miller, who recommends Restoration Hardware, Rejuvenation, and IKEA as sources. "Generally, cabinet hardware should match the faucet. Polished finishes in nickel, chrome, or brass look clean and luxurious." *Knobs and pulls, The Nanz Company.*

SOURCES
Hanging pot holder and lights, Ann-Morris Inc. Copper pots, Mauviel. White bowls and plates, Calvin Klein Home. Stove, BlueStar. Custom zinc countertop on island, E.T. Raffel Cabinets. Other countertops, custom oiled soapstone. Prop stylist: Erin Swift.



EASY UPGRADE Slipcovers

If you want to update your dining area, too, slipcovers are a low-commitment way to get a new look—plus, you can change them seasonally. "Choose a washable fabric," says Carrier, "and they can go straight into the laundry." **Custom slipcovers, Carrier and Company, using Boussac fabric.**

EASY UPGRADE Faucet

"A new faucet can make an elegant design statement for not much money," says Miller, who recommends eFaucets.com and Home Depot for inexpensive options. When shopping for your replacement, consider what will fit your countertop; bridge faucets (the style shown here) can require two holes in the countertop instead of the usual three. **Faucet, Barber Wilsons & Co. Ltd.**

EASY UPGRADE Bookshelves

Keep cookbooks in the kitchen for inspiration—and a pop of vibrant color. No built-in shelves? No problem—a freestanding unit does just as nicely.

EASY UPGRADE Rugs and Runners

"Rugs are an easy way to add cheer and interest to a kitchen," Miller says—and indoor/outdoor styles can handle heavy traffic and spills. Her go-to retailers: Pottery Barn, West Elm, and Crate & Barrel, as well as DashAndAlbert.com ("They make fun and affordable striped cotton runners"). Just remember to use a rug pad to prevent slipping. **Jute rug, Studio Four NYC.**



MAJOR IMPACT Countertop

You'll need a professional for this one—but a new countertop can really transform a kitchen, says Carrier. "If you want things to be pristine all the time, pick a man-made material like Caesarstone quartz, which is nearly impervious to heat or stains. If you prefer a bit of patina that will change over time and are fine with a few scratches and spots, you can go with soapstone, marble, or zinc" (like the island countertop in this kitchen).



EASY UPGRADE Pullout Shelves

Specialty inserts for pullout shelves, trash bins, and racks will help keep you organized—and happier. "Pullouts not only make it easier to keep things neat, but they also ensure you'll never have to get on your hands and knees to get to a pot at the back of a cabinet," says Carrier, who recommends Rev-A-Shelf products. *Pullout drawer, E.T. Raffel Cabinets.*

EASY UPGRADE Containers

Practical things can also be pretty. "Instead of storing spatulas and spoons in a drawer, put them in a vase—you can find lovely ones at stores like HomeGoods," says Miller. Or use a bowl you got for your wedding to hold fruit. "We're also big fans of flea markets for finding pottery and glass. They don't have to be expensive, and it's nice to incorporate beautiful things into everyday life."



MAJOR IMPACT Appliances

If you're ready to invest in a new refrigerator, stove, or dishwasher, choose a classic finish like stainless steel, especially if you'll be replacing other appliances over time and want to make sure they'll match. *Refrigerator, Sub-Zero.*



For details see Shop Guide.

THE NO-COST KITCHEN UPDATE



Miller and Carrier



Even on a supertight budget, a revamped kitchen is within reach—it's all about organization.

Just remember the big picture: "The kitchen has to have a conversation with the rest of the house and its overall decor," says Miller, who with Carrier coauthored the new book *Carrier and Company: Positively Chic Interiors* (above). Here are their best streamlining tips.

1

Purge unnecessary kitchen items and then clear the countertops. "People generally have too much stuff," says Miller, who recommends decluttering before starting any kitchen improvements. "If you don't use something daily, put it away. A clean countertop is like a fresh start."

2

Be mindful of clashing finishes. Everything on the counter should be visually harmonious. "Instead of having a white toaster oven, a black coffee maker, and a stainless steel kettle," says Miller, "try to keep the finishes unified."

3

Keep like with like. Store food items in one cabinet, plates and bowls in another near the dishwasher, and so on. "Things should be clustered according to their use," says Miller. "I'd rather pack a cabinet with all my baking items than have to walk across the kitchen every time I need something."

4

Maximize your space. Carrier and Miller took advantage of the Southampton kitchen's high ceilings to install a showstopping hanging pot rack, which freed up cabinet and drawer space. The concept works on a smaller scale, too: "We had an awkward space in our own kitchen that we converted into a spice rack," Carrier says.

5

Anything looks better when it's organized. Use trays, baskets, and bowls to hold small items. For instance, place sugar packets and single-serve pods in a stylish bowl next to the coffee maker.

6

Take a stand on stacks. Kitchens with open shelving give you a chance to make a style statement, whether it's with minimalist bowls, as in the Southampton kitchen, or a more eclectic, colorful mélange. "It all depends on your personality," says Miller, but whatever you do, make it deliberate.

THE LOOK FOR LESS



SWEETEN THE POT A copper-colored finish is on trend in kitchens, and that goes for pans, too.

Trisha Yearwood ten-piece nonstick aluminum cookware set, \$300; jcpenney.com



A SEPARATE PIECE Customizable dividers let you arrange drawers any way you want. Jumbled silverware won't stand a chance.

Good Grips adjustable drawer organizer, \$25; oxo.com



OPEN-DOOR POLICY This fridge with a special two-part door is a fraction of the cost of similar models that can retail in the five figures.

Food Showcase four-door French-door refrigerator (36 inches wide), \$3,999; samsung.com

Inspired? Here are a few stylish ways to get a modern look without remodeling.



HOLDING PATTERN

Use decorative pieces to store everything from utensils to fruit to napkins.

Clockwise from above:

Asher serving bowl, \$195; ralphlauren.com.

St. Georges Triangle #8 vase, \$152; jillrosenwald.com.

Seagate pitcher, \$40; canvashomestore.com.

Nate Berkus letter tray, \$10; target.com.

Sintra extra-large bowl, \$175; preorder at canvashomestore.com.



TURN ON THE WATERWORKS

This bridge-style faucet's high gooseneck is not only elegant—it also lets you clean large pots with ease.

Parq deck-mount bridge kitchen sink faucet, from \$809; kohler.com for stores



HANG TOUGH Keep pots and pans handy with this super-stylish (and durable) steel and polished-nickel ceiling rack. The double hooks maximize storage and can hold up to 24 pieces.

Hanging pot rack, \$300; williams-sonoma.com

PULL AHEAD

Who knew you could update your kitchen for less than the price of a large latte? These sleek drawer pulls also come in white, red, and orange.

Sätta handles, \$3 for six; IKEA stores



SERENITY NOW

Shades of white, gray, and charcoal are Carrier's go-to kitchen paint picks. Stick to semigloss or eggshell finishes for durability—a must for high-traffic areas.

Aura interior paint in (clockwise from top left) China White, Barren Plain, Kendall Charcoal, and Mineral Ice, from \$26 per quart; benjaminmoore.com for stores

RUNNER'S HIGH This flower-patterned rug is more than just a pretty accent: It's mold- and mildew-resistant, won't fade, and couldn't be easier to clean—simply rinse it with a garden hose and let it air-dry.

Sorrento indoor/outdoor runner rug, \$90; jcpenney.com





123

NUMBER OF CLUTCHES
IN GAYLE'S CLOSET

77

NUMBER OF SHOULDER
BAGS IN GAYLE'S CLOSET

43

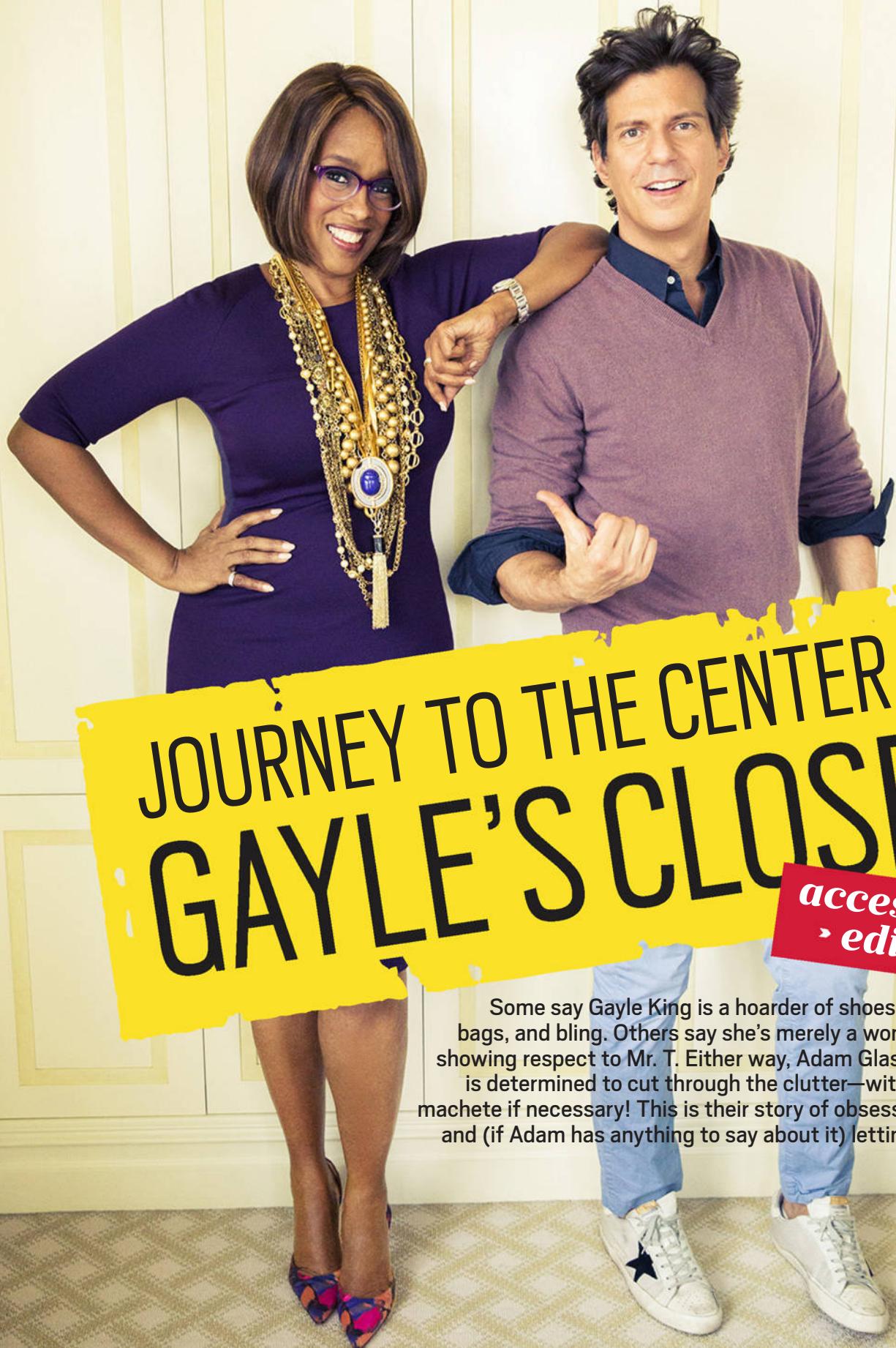
NUMBER OF CLUTCHES
ADAM WANTS GAYLE TO
LET GO OF, "PREFERABLY
OVER AN ACTIVE
VOLCANO"

29

NUMBER OF SHOULDER
BAGS ADAM WOULD LIKE
TO SEE DONATED
TO CHARITY, GIVEN TO
FRIENDS AND FAMILY,
OR SET ON FIRE

NUMBER OF TIMES GAYLE
GLARES, EXPLAINS HER
NEED FOR A VAST ARRAY OF
YELLOW TOTE BAGS, AND
DEMANDS A RECOUNT

To infinity and beyond!



JOURNEY TO THE CENTER OF GAYLE'S CLOSET

*accessories
edition*

Some say Gayle King is a hoarder of shoes, bags, and bling. Others say she's merely a woman showing respect to Mr. T. Either way, Adam Glassman is determined to cut through the clutter—with a machete if necessary! This is their story of obsessive love and (if Adam has anything to say about it) letting go.

Where we left it in 2012...



How we found it three and a half years later...



CREATIVE DIRECTOR Adam Glassman comes from a galaxy far, far away. His mission: to keep women polished ("Your hair needs to come up three inches"), on trend ("Your hemline needs to come down three inches"), and safe ("Blink twice if someone is forcing you to wear that"). The man is dedicated to making sure lipstick is applied perfectly, bras are fitted properly, and closets are filled with everything one needs—no more, no less—for living a schlumpadinka-free life.

Which brings us to Gayle King. Three and a half years ago, O's editor at large came down with a severe case of Closet Full of Nothing to Wear syndrome. It's not that the place was a barren wasteland but for the occasional tumbleweed blowing by. Quite the contrary: Gayle had enough clothes and accessories to fill a boutique—which made picking even a single dress damn near impossible. Her solution? Buy more stuff! It wasn't long before the closet went from bloated to beyond.

Hearing of Gayle's dilemma, Adam diagnosed the mess as a problem with mass, and ever so gently offered his assistance in rearranging the closet and editing it down to something manageable ("I'm coming over, and I'm not leaving without at least three dozen bags of your stuff"). And ever so sweetly, Gayle assured him that this lovely gesture would not be necessary ("Stay away from me, you maniac"). But a girl can go only so long without being able to locate her Spanx—and eventually Gayle relented, Adam prevailed, expert organizer Jeffrey Phillip lent his considerable talent, and they all lived happily ever after. Well...sort of.

"Gayle," Adam begins one fine summer morning several weeks back, "remember that time we edited your clothes and gave them an update? Why don't we do the same with your accessories—really get in there and weed out the bags and shoes that aren't serving you, maybe lose the jewelry that feels passé, and layer some of your better pieces in a more contemporary way? I could stop by and →



HE SAID, SHE SAID

Take two opinionated people, hundreds of accessories, nine straight hours, and one confined space, and let the sweet talk begin!



TOSS

WHEN MOCK CROC HAPPENS TO GOOD WOMEN

"I just had this out the other day."
—GAYLE

"In public?
Gayle, it's the color of cough syrup."
—ADAM

RICHARD MAICHRZAK STUDIO
STYLIST: JESSIE LIEBMAN; R.J. BENNETT
REPRESENTS: NECKLACE: DON PENNY
STUDIO 2012; JONNY VALIANT.

Now



“How can you find your keys in a bag that’s big enough to cover a third of my body?” Adam asks, before Gayle proves the bag will hold only a quarter of him. Muffled but unfazed, Adam lays down the law: “If you haven’t used it in three seasons, if it’s beyond repair, if it’s absolutely out of style, if you already have something very similar—it’s out!”



“Gayle, that bag is so 1977, it’s like you’re channeling Carly Simon. *You’re so vain*,” Adam sings, “I’ll bet you think this purse is about you. I see two choices here: You can wave goodbye to the pieces that don’t reflect who you really are, or you can get me a Xanax.”



After Gayle and Adam eliminate 56 bags, organizer extraordinaire Jeffrey sorts the clutches by category—day or evening—and arranges both groups by color in acrylic GLAMdivides, keeping evening clutches up high and everyday pieces more accessible.



SAY NOPE TO THE ROPE

“This could work if you’re planning to layer it over a caftan and dance around a goat.”
—ADAM

“Then maybe I should hang on to it, you know, just in case.”
—GAYLE



KEEP!

MOLD-FASHIONED

“Look, Adam, there’s a beautiful hint of blue marbled through this.”
—GAYLE

“Gayle, that’s mildew.”
—ADAM

“I’m getting the Lysol.”
—GAYLE

THESE BOOTS WERE MADE FOR NO ONE

“If a Keebler Elf and Laura Ingalls Wilder were ever to mate, this is the boot they’d force their kid to wear.”
—ADAM



TOSS

“Well, somebody just drank a great big glass of Haterade.”
—GAYLE

Gayle notices an ornate gold necklace in the giveaway tray. "But Adam," she says, "I wore that to Alicia Keys's Egyptian-themed birthday party." Adam is firm: "Listen, Cleopatra, the next time you're invited to an Egyptian-themed party, I'll get you a new necklace. It's not that it's bad; it's just that you have better ones." 



Before



After



"This is quite the collection," Adam says, eyeing Gayle's gaggle of cuffs. He stares quietly for a minute, then takes two chunky gold ones and holds them up to her wrists. "Is there a problem?" she finally asks. He shakes his head: "Of course not, Wonder Woman. Now go fight some crime."



CASE CLOSED



"I love the shape of this bag—it's really different."

—GAYLE

"It is really different, and that's because it's a laptop case."

—ADAM

TOSS

DON'T LEAVE HOME WITHOUT IT



"Say something positive."

—GAYLE

"Okay, I'm positive you don't know your AmEx card, driver's license, and ticket to Beyoncé's 2013 concert are in this thing."

—ADAM

"That means it's lucky!"

—GAYLE

KEEP!

THIS IS FOR THE BIRDS



"I remember you begged me to let this go during the last purge—but give me one reason why I shouldn't keep it."

—GAYLE

(pointing to the upper left corner)
"Pigeon poop."

—ADAM

TOSS



we could sort through—" But before Adam can finish, Gayle rears up like a demented *T. rex* from a summer blockbuster. "Noooo! Not my closet again!" At which point blood, sweat, and tears are shed; extra-strength Tylenol is popped; a cupcake is consumed; and the truth comes out.

It seems that nearly four years of coanchoring *CBS This Morning*, on top of her duties at *O*, has caused Gayle's collection of shoes, bags, and all manner of bling to grow in numbers that rival the population of Luxembourg. "I've needed a few new things...along with all my old things," she mumbles, without making eye contact. Adam wonders aloud how she defines "a few," takes a deep breath, and, much like General Patton preparing to invade Sicily, declares, "All right, we're going in."

Brave Jeffrey Phillip, who has been persuaded to make a return engagement, identifies a couple of problems right off the bat: "Gayle has to be out the door by 4:30 every morning. She needs to grab and go, so last time we put in bookends to keep all her bags lined up on the shelves." He points to a ledge crammed with clutches. "But now with all these extras, whenever she grabs one, the rest tumble over. So let's change it up: If we store the bags in slotted acrylic organizers, they'll stay in place." Jeffrey opens a drawer →

EARRING RACK DIY

"Not only was I able to clear out a lot of drawer space by creating racks for Gayle's earrings, but she now gets to actually see what she owns," Jeffrey says. "The best part: Anyone can make these."



1. "I had two thin pieces of board cut to fit the size of Gayle's shelves. Then I had two-inch-wide strips of wood cut to fit the depth of the shelves, and I glued them onto the boards to create channels."

2. "For the top and bottom of the rack, I picked up plain wooden 11-by-14-inch picture frames; removed the glass and backings; and spray-painted them, along with the rest of the wood that was cut, to match the shelves."

3. "I bought a chic metal radiator cover and, using tin snips, I cut rectangles to fit the frames, and that's about it!"



▲ "Where have you been all my life?"
Gayle asks her brand-new earring racks. "This is awesome. The earrings are color coordinated and everything!"



TOSS

POLE SOLD SEPARATELY

"It's a little Bada Bing club meets *The Rocky Horror Picture Show*."

—ADAM

"Not really the look I was going for."

—GAYLE



KEEP!

A CALLUS RESPONSE

"This is so roomy, it's perfect for running to CVS on a Saturday."

—GAYLE

"Good God, how many corn pads and dent-u-picks do you need?"

—ADAM

"You have no idea!"

—GAYLE

SOME CARBS FOR MS. KING, PLEASE!

"I know you like these, but I say the toe is too pointy."

—ADAM

"And I say I more than like them, and isn't it about time for lunch?"

—GAYLE



KEEP!

filled with bracelets. "She's got the same problem here." Then he looks at Gayle's jumble of earrings and sighs. "I'll think of something."

Meanwhile, Adam has put his finger on a deeper issue. "With Gayle, every accessory tells a story," he says, surveying bags and baubles as far as the eye can see. "And part of her goodness is that she can't bear to part with anything that reminds her of someone she likes or someplace she's traveled or"—he picks up a battered old boot and grimaces—"something she's stepped in. Intellectually, she understands that tossing a boot that's seen better days is not the same as getting rid of the memory attached to it, but what you know in your head and what you feel in your heart don't always correspond."

As if on cue, in walks Gayle. She eyes a mound of shoes and circles it suspiciously. "I sure hope that's not the giveaway pile, Mr. Glassman, because I can tell you right now that these"—she snatches a pair of bedraggled Blahniks—"aren't going anywhere." So, what's the one thing Adam and Gayle know for sure? It's going to be a very long day!

ORGANIZING PRINCIPLES

Help for getting your life—or at least your closet—together, Gayle-style:

- **GLAMdivides**, \$149 to \$179; theorganizingstore.com
- **Clear trays**, Neatnix, \$18 to \$21; theorganizingstore.com
- **Drawer dividers**, Lifestyle Systems, \$11 to \$31; organize.com
- **Expert organizer Jeffrey Phillip**; jeffreyphillip.com



Gayle thinks maybe these bib necklaces could be repurposed. Adam says no. "Although what?" Gayle asks hopefully. "...they'd make really jazzy blindfolds if we're ever put in front of a firing squad."

A KING AND HER BLING

New ways to wear some tried and true pieces:

1. "Adding a pendant to thinner necklaces is very hot right now," says Adam. "And gold is big this fall."
2. "Bravo! You've got only three bracelets, and they make a contemporary statement with your Pucci dress," Adam says approvingly.
3. "I never would've thought to mix a black and red necklace with gold. But," Gayle admits, "it adds a nice shot of shimmer."
4. "I'm usually matchy-matchy," Gayle says. "But I like the lime and the ombré effect of these green shades in my bracelets. They seem like a good surprise—unpredictable."
5. "Wait," Gayle says. "This purple square necklace is very short." But Adam isn't finished. He pairs the short piece with a longer gold heart pendant. Next: three wide, multicolored enamel bracelets with four thin diamond tennis bracelets in between. Adam says the diamonds make the bangles look richer. "This feels curated; it elevates the outfit."





Fashion editor: Jenny Capitain. King, hair: Eneida M. Bailey for Eneida's Salon & Spa. Makeup: Lazarus Jean-Baptiste for LazarusTheMakeupMan.com. Glassman, groomer: Casey Geren using Oribe at ABTP. Set designer: Rebecca Omweg. Prop stylist: Stephanie Mark of The Coveteur. Organizer: Jeffrey Phillip.

Adam likes what he sees. "Your Clover Canyon dress is so patterned that it's best to keep accessories simple," he says. "But simple doesn't have to mean boring. The diamond ear climber is a cool look, and when you add a silver cuff and one ring on two fingers—you're thoroughly modern, Gayle!"



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Let's Eat!

THE RISE-AND-SHINE BREAKFAST EDITION

CRACKING UP

Cheap, versatile, and—most important—delicious, eggs are a staple that help start the day off right. Chef **Amanda Freitag**, author of the forthcoming cookbook *The Chef Next Door*, shares her favorite ways to serve this all-star ingredient.

WHEN I WAS GROWING UP in New Jersey, Sunday breakfasts were a big deal. My parents would make waffles or pancakes, fry bacon or sausage, and set out coffee cake or Danishes to satisfy the family sweet tooth. But one thing was a constant: eggs. Now that I'm older, they are still my breakfast go-to. Few other foods are as easy to prepare, and eggs can stay fresh in the fridge for a month so they're always on hand for a bit of A.M. magic. My healthy, hearty chickpea stew, a Mediterranean-inspired morning meal that's packed with superfoods like kale and tomato, tastes even better with a fried egg on top. I'm also a fan of the kitchen-sink scramble, adding leftover grains, nibbles of cheese, crisp vegetables—whatever happens to be around; I've even thrown in crushed-up potato chips and tortilla chips. And who can resist a gooey egg sandwich? My favorite is made with a regional treat: sliced pork roll—a.k.a. Taylor ham—a rich, salty, bologna-like meat that's a Jersey specialty. (If you're nowhere near the Garden State, you can substitute Canadian bacon.) Fry it up; then layer with creamy scrambled eggs, tangy white cheddar cheese, buttery leeks, and peppery arugula—all on a toasted English muffin. Eggs are the little black dress of your kitchen—both sophisticated and simple, versatile and tasteful!

PROP STYLIST: ALMA MELENDEZ. FOOD STYLIST: SIMON ANDREWS.



Kale, Chickpea,
and Tomato Stew
Turn the page
for recipe.





Jersey Girl Egg Sandwich

2 Tbsp. unsalted butter
 1 leek (pale green and white parts only), quartered lengthwise and sliced crosswise
 ¼ tsp. plus a pinch of kosher salt, divided
 8 large eggs
 2 Tbsp. plus 1 tsp. olive oil, divided
 8 (¼"-thick) slices pork roll or Canadian bacon, lightly scored on each side
 4 English muffins, split and toasted
 ½ cup shredded sharp white cheddar
 ½ cup baby arugula

1. In a small saucepan, melt butter over low heat. Add leek and a pinch of salt and cook until softened, about 8 minutes. Set aside.

2. In a large bowl, whisk eggs with remaining ¼ tsp. salt. Set aside.

3. In a large nonstick skillet, heat 1 tsp. oil over high heat. Add pork roll and cook until lightly browned, about 1 minute per side. Transfer to a plate and set aside. Add remaining 2 Tbsp. oil to skillet, then reserved beaten eggs. Cook over medium heat, stirring with a rubber spatula, until nearly cooked through, about 2 minutes.

4. On the bottom half of each English muffin, place a reserved pork roll slice. Spoon about ¼ cup scrambled eggs on top, then ¼ cup reserved leek. Sprinkle each with 2 Tbsp. cheddar and a few arugula leaves. Top with another pork roll slice, cover with the other half of English muffin, and serve.

Makes 4 servings.

Total time: 20 minutes.



SPREAD THE NEWS! FOR AMANDA FREITAG'S HUMMUS CREAM CHEESE RECIPE, DOWNLOAD THE O APP.

Kale, Chickpea, and Tomato Stew

4 Tbsp. olive oil, divided
 1 medium onion, cut into eighths
 1¼ tsp. kosher salt, divided
 6 garlic cloves, thinly sliced
 ¼ tsp. crushed red pepper flakes
 ¾ pound kale, stems removed and leaves coarsely chopped
 1 pound tomatoes (about 3 medium), cored and chopped
 2 (15-ounce) cans chickpeas, drained and rinsed
 1 cup vegetable stock
 4 large eggs

1. In a large saucepan, heat 2 Tbsp. oil over medium-low heat. Add onion and ¼ tsp. salt and cook until softened, about 7 minutes. Add garlic and red pepper flakes and cook 2 minutes more. Add kale and stir until wilted, about 2 minutes. Add tomatoes, chickpeas,

and stock; cook over medium heat until tomatoes start to break down, about 10 minutes. Season with ¾ tsp. salt.

2. In a large nonstick skillet, heat remaining 2 Tbsp. oil over medium heat. Crack in 2 eggs and cook until lightly crisp on the bottom and whites are set, about 3 minutes. Transfer to a plate and repeat with remaining 2 eggs.

3. Spoon stew into 4 shallow bowls, top each with a fried egg, sprinkle with remaining ¼ tsp. salt, and serve.

Makes 4 servings.

Active time: 30 minutes.

Total time: 40 minutes.



Quinoa, Spinach, and Feta Scramble

8 large eggs
 ½ tsp. kosher salt
 3 Tbsp. olive oil
 ½ cup cooked quinoa
 ½ cup baby spinach, roughly chopped
 1 large tomato, cored and diced into 1" pieces
 ¼ cup plus 2 Tbsp. crumbled feta, divided
 4 slices whole grain toast, for serving

In a large bowl, whisk eggs with salt. In a large nonstick skillet, heat oil over medium heat. Add beaten eggs and begin to scramble with a rubber spatula. Immediately add quinoa, spinach, and tomato, and continue to scramble. Reduce heat to low and stir mixture continuously until set, about 4 minutes. Fold ¼ cup feta into eggs and remove skillet from heat. Divide among 4 plates and top each with ½ tsp. feta. Serve with toast.

Makes 4 servings.

Total time: 10 minutes.



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Sausage Mac & Cheese

Ingredients

2 cups uncooked, whole-grain, elbow macaroni
3 tablespoons butter
3 tablespoons flour
1 cup fat-free milk
8 oz American cheese, cubed
½ package (13.5 oz) Johnsonville
Premium Fully Cooked Sausage

Directions

1. Cook macaroni according to package directions; drain.
2. Meanwhile, in another saucepan, melt butter over medium heat.
3. Stir in flour until smooth; gradually whisk in milk.
4. Bring to a boil, stirring constantly. Cook and stir until thickened.
5. Add cheese; cook and stir until melted.
6. Stir in macaroni and sausage.

Eat, enjoy and have someone else do the dishes.

find more recipes at Johnsonville.com



Biscuits & Gravy & Sausage & Family

This fall, spice up an old family breakfast favorite with Johnsonville smoked sausage, made with premium cuts of meat and spices that your entire sausage family can enjoy. Even Jim, your weird neighbor who always seems to show up for breakfast.



Biscuit & Gravy Smoked Sausage Casserole

SERVINGS: 2 to 4 PREP TIME: 10 minutes

COOK TIME: 20 minutes

WHAT YOU NEED:

1 link (half package of 13.5 ounce) JOHNSONVILLE® Smoked Premium Cooking Sausage (or Andouille), chopped	1 can refrigerated biscuit dough (makes 4 large biscuits)
1 can cream of mushroom soup	$\frac{1}{4}$ cup Parmesan cheese, shredded or grated
1 can milk (use the empty soup can)	1 tablespoon chives, chopped

PREPARATION:

1. Bake biscuits according to package directions. Increase oven temperature to 400°F.
2. Split biscuits in half, place halves in baking dish, crust-side down.
3. While biscuits are baking, brown sausage over medium-high heat.
4. Add soup and then whisk in milk; bring to a boil.
5. Top biscuits with sausage mixture.
6. Top with cheese and bake for 10 minutes.
7. Garnish with chives.



We don't make sausage. We make family.
And sausage.™

Now You're Cooking

Pancake Mix

If you believe that making great food requires special talent—well, forgive us for saying so, but you're wrong. You can scoop flour, right? And measure baking powder? If so, you can make a dry pancake mix that's cheaper than the premade version you'll find in the grocery store. Chef John Besh, author of the forthcoming *Besh Big Easy*, gave us his go-to recipe: Keep a batch on hand, and when you're ready to cook, just add eggs, milk, and oil; heat up a skillet; and tell everybody to come and get it.

To make dry mix:

In a large bowl, stir together 6 cups **all-purpose flour**, 1 cup **sugar**, 3 Tbsp. **baking powder**, and 1 Tbsp. **salt**. Store in a sealed container. *Makes enough for 3 batches of pancakes.*

To cook pancakes:

In a large bowl, put $2\frac{1}{2}$ cups dry mix. Make a well in the dry ingredients; add 2 beaten eggs, 2 cups **milk**, and $\frac{1}{4}$ cup **canola oil**; and mix gently. (There will be a few lumps in the batter.) Lightly oil the surface of a griddle or a large skillet, and heat over medium heat. Pour $\frac{1}{4}$ cup batter onto griddle for each pancake, spacing them out so they have room to spread without touching. Cook until bubbles form on the surface, about 3 minutes; then flip and cook an additional 1 to 2 minutes. Continue cooking batches with remaining batter. *Serve with **maple syrup** and your choice of toppings. Makes 18 (4") pancakes. Total time: 30 minutes.*



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This fall, love your hair again with Rogaine. O and Rogaine have teamed up to provide readers with a must-have for thinning hair. Simply send us your receipts of any purchase of a four-month supply of Women's Rogaine Foam made between August 13 and September 14, and we'll send a special microfiber towel to the first 100 submissions we receive. Please send receipts to O, The Oprah Magazine, 300 West 57th St, 36th Floor, New York, NY 10019. Attn: Rogaine GWP.

For more tips for thinning hair visit womensrogaine.com.

Microfiber Towel Gift With Purchase, Sponsored by Hearst Communications, Inc. To enter, purchase a four-month supply of Women's Rogaine Foam. Original receipts must be dated between 8/13/2015 and 9/14/15 and received by 10/15/2015. Receipts will not be acknowledged or returned. You may also enter without a receipt by sending us a 3x5 card with your name, age, complete address, and telephone number to O, The Oprah Magazine, 300 West 57th St, 36th Floor, New York, NY 10019, Attn: Rogaine GWP. 100 gifts available, while supplies last. [ARV of each microfiber towel is \$11]. Sponsor's order of receipt of entries is final. As soon as Sponsor has received the last eligible entry, Sponsor will post a notice on Omagonline.com/Rogaine. Must be 18 years or older and a legal resident of the 50 United States or District of Columbia. Void in Puerto Rico and where prohibited by law. Limit one (1) entry per person.



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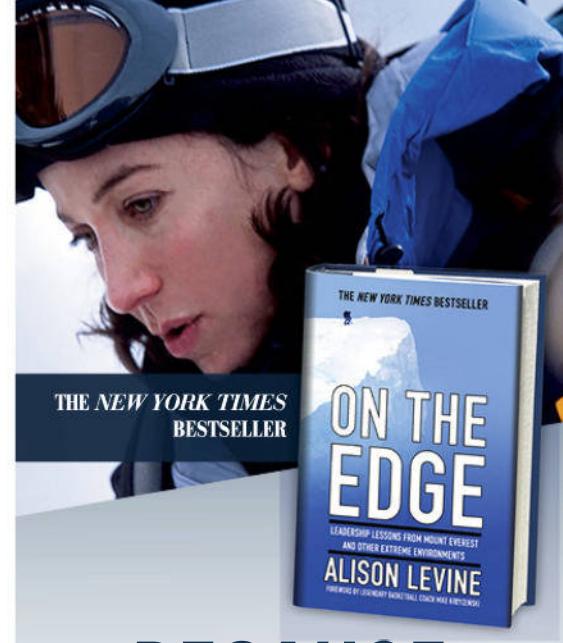
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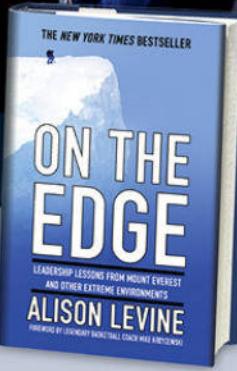
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THE POWER OF 3



A trio of fabulous, surprisingly simple breakfasts using three staples: **bananas, walnuts, and cream cheese.**

RECIPES BY
Marcia Kiesel

Oatmeal, Walnut, and Banana Bars

Preheat oven to 350°. Butter an 8" square metal baking pan. In a large bowl, blend 2 **bananas**, mashed (1 cup), with $\frac{1}{2}$ cup **cream cheese**, softened. Stir in 2 cups **rolled oats**; 1 cup **chopped walnuts**; $\frac{1}{3}$ cup **dried cherries**, chopped; $\frac{1}{4}$ cup plus 2 Tbsp. **honey**; $\frac{1}{4}$ cup **toasted wheat germ**; 2 tsp. **vanilla extract**; and $\frac{1}{4}$ tsp. **salt** until thoroughly combined. Spread into prepared pan and bake on the bottom rack until firm and browned around the edges, 25 to 30 minutes. Let cool; then cut in half and cut each half into 5 long bars. **Makes 10 bars.**
Active time: 15 minutes.
Total time: 40 minutes.



Pan-Roasted Bananas in Coffee-Maple Syrup with Yogurt Cream Cheese

In a medium bowl, mix $\frac{1}{2}$ cup plus 1 Tbsp. **cream cheese**, softened, with $\frac{1}{4}$ cup plain **Greek yogurt**, 2 Tbsp. **maple syrup**, and 1 tsp. **vanilla extract** until well blended. Set aside. In a 12" nonstick skillet, melt 1 Tbsp. **unsalted butter**. When very hot, add 4 **bananas**, halved crosswise and then lengthwise, cut side down, and cook over high heat until browned on the bottom, about 3 minutes. Transfer to a large plate. In the same skillet, add 1 $\frac{1}{4}$ cups **brewed coffee** and 3 Tbsp. maple syrup; boil over high heat until reduced to $\frac{3}{4}$ cup, about 5 minutes. Remove skillet from heat. Divide bananas, syrup, and 1 **red plum**, cut into thin wedges, among 4 bowls. Spoon reserved yogurt cream cheese on top, sprinkle with $\frac{2}{3}$ cup **walnuts**, toasted, and serve immediately. **Makes 4 servings.**
Total time: 25 minutes.



HE WAS ONCE A LITTLE GREEN SLAB OF CLAY. GUMBY!

Look for the new **Gumby DVD release,**
***The Complete 50s Series*, on Sep. 22nd!**



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DVD available at retail nationwide on September 22, 2015.

MIXING BOWL

The makings of a delicious month, from latte love to a honey of a spread.



Banana-Walnut Muffins with Cream Cheese Filling

Preheat oven to 350°. Line a 12-cup muffin pan with paper liners. In a medium bowl, blend $\frac{1}{2}$ cup **cream cheese**, softened, with $\frac{1}{2}$ cup **sugar** and 1 large **egg**, beaten. Refrigerate filling. In a large bowl, whisk together $1\frac{1}{2}$ cups **all-purpose flour**, $1\frac{1}{2}$ tsp. **ground cinnamon**, 1 tsp. **baking powder**, 1 tsp. **baking soda**, and $\frac{1}{2}$ tsp. **salt**. In a separate large bowl, mash **4 bananas**. Stir in 1 cup **light brown sugar**, $\frac{1}{2}$ cup **vegetable oil**, and 1 large egg, beaten. Fold banana mixture into flour mixture along with $\frac{1}{2}$ cup **chopped walnuts**. Fill cups halfway with batter. Spoon 2 Tbsp. chilled filling into each cup. Top with remaining batter, just covering filling, and $\frac{1}{2}$ cup chopped walnuts. Bake until a cake tester comes out mostly dry with a few moist crumbs, about 25 minutes. Serve warm or at room temperature. **Makes 12 muffins.**

Active time: 35 minutes. Total time: 60 minutes.

Genius Idea! RICE COOKER PANCAKE

Your rice cooker isn't only for plain grains. You can use it the way Stephanie Le of IAmAFoodBlog.com does—to make a giant pancake that's as delicious as the stove-top version but practically cooks itself. Prep your pancake batter—try the mix in "Now You're Cooking" (see the flap off page 141)—and pour it into your rice cooker bowl, leaving a few inches at the top so your pancake will have room to rise. Turn on the machine and let the batter cook for 45 minutes or longer. You'll know the pancake is finished when it's risen and rounded and a cake tester comes out clean. (You may need to restart the rice cooker once or twice to keep it going.) Flip it onto a plate and serve with whipped cream, fruit, and whatever else you're craving.



"Like many Southern chefs, I love cooking with fatback, which is a pork cut that's almost all fat and typically cured in salt. I boil the salt out of it, then fry it—and eat it like bacon. Or I'll cook the fat down, and eat the crispy skin as cracklings. I could crunch on it all day long!"

—Dora Charles, author of *A Real Southern Cook: In Her Savannah Kitchen*, out this month



The Find Sugar and Spice

We didn't think anybody could improve on pure, luscious honey, but Savannah Bee Company has sweetened the pot with its ultrathick, spreadable Spun Cinnamon Honey. Stir it into tea or smear it on bread for an instant cinnamon bun. (\$17; savannahbee.com)

Cool Tool Seal of Approval

Airtight containers can help keep dry goods fresh, but Good Cooking's Auto-Vacuum Canister takes that mission a step further: When the battery-operated gadget senses that any air has seeped in, a vacuum function activates automatically to get rid of it. This thing really sucks! (\$60 for 1 liter and 0.8 liter set; cameronproducts.com)



Easy Upgrade

FOAM AT HOME

You don't need to be a barista to get that layer of velvety-smooth foam atop your cappuccino, says J. Kenji López-Alt, author of *The Food Lab: Better Home Cooking Through Science*, out this month. Just vigorously shake a half cup of milk in a sealed microwave-safe, pint-size container until it thickens and creates a rich foam, and then microwave it for 15 to 20 seconds to stabilize it. For the best results, use 2 percent, 1 percent, or skim milk; higher-fat milk doesn't work as well, and this is one case where nut or soy milk is no substitute for the real deal.

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Shop Guide

(All prices are approximate.)

COVER On Oprah: Vest, Barneys New York, \$395; 212-286-8900. Shirt, Lafayette 148 New York, \$348; lafayette148ny.com. Pants, White House Black Market, \$98; whbm.com. Earrings, \$4,000; emanueladuca.com. Bracelets, Aura Collection by Roberta Demelio, \$330 to \$338; robertademeliousa.com. Watch, Apple Watch Edition in 18kt rose gold, \$10,000; apple.com. Ring, Stephen Dweck, \$750; Neiman Marcus, 713-621-7100. Boots, Chloé, \$945; Barneys New York, 212-286-8900.

HERE WE GO PAGE 19 On Oprah:
Sunglasses, \$390; miumiu.com.

O'S FALL FASHION LOOK BOOK

PAGE 67 "How to Wear the Sleeveless Jacket." Structured: Bag, \$375; jcrew.com. Cuff, \$69; silpada.com. Shoes, Alexandre Birman, \$595; saks.com. Soft: Necklace, Lafayette 148 New York, \$198; lafayette148ny.com. Bag, \$350; gigineyw York.com. Shoes, \$280; themodecollective.com. **PAGE 68** "How to Wear the New Pants." Culottes: Ring, \$88, and cuffs, \$148 to \$178; melindamaria.com. Bag, \$1,065; longchamp.com. Shoes, \$285; reiss.com. Pooling Pants: Bag, \$428; luanaitaly.com. Shoes, Kate Spade New York, \$198; katespade.com. Cropped: Bracelet, Michael Kors, \$165; bloomingdales.com. Shoes, \$495; furla.com. **PAGE 70** "Stretch Your Basics." The Slip: Top, White House Black Market, \$78; whbm.com. Pants, Kobi Halperin, \$198; Bloomingdale's, 212-705-2000. Shoes, \$695; biandacastana.com. The Turtleneck: Shirt, \$110; massimodutti.com. Jeans, Alexa Chung for AG, \$255; agjeans.com. Shoes, \$595; jimmychoo.com.

THE U.S. OF O! PAGE 73 Sweatshirts, Ebbets Field Flannels, \$79 each; ebbets.com. On Courtney: Booties, Candie's, \$80; kohls.com. On Cindy: Shoes, \$98; annaylor.com. On Jai: Shoes, Lacoste, \$134; bloomingdales.com. On Shelly: Shoes, \$140; rockport.com. **PAGE 74** Before: Shirt, Tailgate Clothing Co., \$34; tailgatetech.com. After: Poncho, Robert Rodriguez, \$139; robertrodriguezcollection.com. Sweater, Amour Vert, \$195; nordstrom.com. Pants, \$130; nydj.com. Watch, \$345; michele.com. Bag, \$328; luanaitaly.com. Shoes, \$245; reiss.com. **PAGE 75** On Cindy: Before: Shirt, \$198; maptote.com. After: Jacket, Nic + Zoe, \$198; nicandzoe.com. Shirt, \$88; nydj.com. Jeans, \$110; nydj.com. Earrings, \$248; Necklace, \$155, and Bracelet, \$98; melindamaria.com. Shoes, Gianvito Rossi, \$1,160; net-a-porter.com. On Alexandra: Before: Shirt, \$28; maptote.com. After: Blazer, \$495; lkbenett.com. Shirt, \$242; clovercanyon.com. Jeans, \$110; nydj.com. Earrings, \$38; ruegemon.com. Watch, \$275; michaelskors.com. Ring, \$149; swarovski.com. Bag, \$760; longchamp.com. Shoes, \$99; elliottlucca.com. **PAGE 76** Before: Shirt, Hanes, \$25; zazzle.com. After: Dress, Lafayette 148 New York, \$548; lafayette148ny.com. Earrings, \$98, and ring, \$78; melindamaria.com. Bag, \$498; furla.com. Shoes,

CARRY ON Check out the hottest new styles (and how to wear them!) in "O's Fall Fashion Look Book," page 65.



BAG, \$228;
verabradley.com

Nine West, \$99; zappos.com. **PAGE 77** Before: Shirt, \$13; greatcitees.com. After: Jacket, BCBG Max Azria, \$338; bcbg.com. Shirt, Robert Rodriguez, \$89; robertrodriguezcollection.com. Skirt, Parker, \$253; parkerry.com. Bracelet, \$125; swarovski.com. Shoes, Manolo Blahnik, \$1,155; nordstrom.com. **PAGE 78** Before: Shirt, Junk Food Clothing Co., \$48; junkfoodclothing.com. After: Coat, BCBG Max Azria, \$498; bcbg.com. Dress, \$168; nydj.com. Necklace, \$69; silpada.com. Bracelet, \$48; vincecamuto.com.

YOUR ULTIMATE DAY-TO-NIGHT FACE PAGE 87 L'Oréal Paris Magic Lumi Light Infusing Primer, \$13; drugstores. CoverGirl Outlast Stay Luminous Foundation, \$11.50; drugstores. Maybelline New York SuperStay Better Skin Concealer + Corrector, \$9; drugstores. Elizabeth Arden Beautiful Color Natural Eye Brow Pencil,

\$22; elizabetharden.com. Lancôme Drama Liqui-Pencil Longwear Kohl Eyeliner in Noir Intense, \$23; sephora.com. Clinique Chubby Lash Fattening Mascara in Jumbo Jet, \$17; clinique.com. Estée Lauder Bronze Goddess Powder Bronzer, \$37; estee Lauder.com. Neutrogena Healthy Skin Blush in Rosy, \$8.50; drugstores. NYX Butter Lipstick in Licorice, \$6; nyxcosmetics.com. Dior 5 Couleurs Designer The Makeup Artist "Tutorial" Palette in Amber Design, \$62; dior.com. MAC Vamplify Pro Longwear Lip Pencil in Ms. Diva, \$20; maccosmetics.com. Burt's Bees Squeezable Beeswax Lip Balm, \$4; drugstores.

STEAL THIS KITCHEN! PAGE 124-5 Hanging pot holder and lights, Ann-Morris Inc.; ann-morris.com. Stove, BlueStar, bluestarcooking.com. Custom zinc countertop on island, E.T. Raffel Cabinets; etraffel.com. **PAGE 126** Vintage zinc chandelier,

Vincent Mulford Antiques; 518-828-5489. Copper pots, Mauviel; mauvielusa.com for similar styles. Custom slipcovers, carrierandcompany.com. Faucet, Barber Wilsons & Co. Ltd.; barwil.co.uk. Jute rug, studiodiournyc.com for similar styles. **PAGE 127** Flatware, potterybarn.com for similar styles. White bowls and plates, Calvin Klein Home; calvinklein.com for similar styles. Custom pullout drawer, E.T. Raffel Cabinets; etraffel.com. Refrigerator, Sub-Zero; subzero-wolf.com. **PAGE 128** Carrier and Company: *Positively Chic Interiors*, \$60; amazon.com.

JOURNEY TO THE CENTER OF GAYLE'S CLOSET: ACCESSORIES EDITION PAGE 136 GLAMboxes, \$149 to \$179; theorganizingstore.com. DrawTrays: NeatTrays, \$17 to \$21; theorganizingstore.com. Drawer Dividers: Lifestyle Systems, \$16 to \$19; organize.com. Organized by Jeffrey Phillip, jeffreyphillip.com.

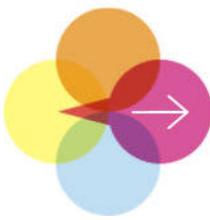
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What I Know for Sure

I LOVE WORDS. And the formation of sentences that capture ideas and tell a story. I admire and marvel at anyone who can use words to create imagery and intrigue. People who write well are my rock stars. Toni Morrison, Cormac McCarthy, Andre Dubus III, and Cynthia Bond are among my favorites.

Whether you were born to write and have a talent for it or you just want to articulate what matters to you, I know for sure: There is power and meaning in everybody's story.

I recently read an unlikely memoir, *Writing My Wrongs*. It's the story of Shaka Senghor, a former prison inmate who took to writing while serving 19 years, seven of them in solitary confinement.

My first glance at the person on the book's cover—a dreadlocked, tattooed, heavyset black male—left me skeptical. Full of judgment. Why should I be interested in the story of a murderer?

But as his words unfolded, so did my understanding—of what it means to fall short, to go astray, to lose your way.

I could see the exact moment he lost faith in the future: the day he came home from school, a 9-year-old boy with an A+ on a test, and his mother—instead of being ecstatic and showering him with praise to match his joy—threw a pot at him so furiously, it cracked the tiles on the kitchen wall behind him.

To this day, at 43, he still doesn't know why she did it. "My mom just had issues, a lot of anger for the way things were."

I was so moved by Shaka's experiences, I invited him to tape a *Super Soul Sunday*, which will air this fall. Our conversation was one



With Shaka Senghor, whose powerful words touched me deeply.

of the best I've ever had—not just in my career, but in my life.

His story touched my soul. We talked for two and a half hours, for a show that will have to be edited down to 42 minutes. He surprised himself with ahas and tears. Everyone within earshot was deeply moved.

At one point I saw one of the cameramen wiping his eyes. My executive producer, Tara Montgomery, reached for yet another tissue after I asked Shaka, "But weren't you the smart one who wanted to be a doctor before you claimed the street life at 14? Why did you want to be a doctor?"

He paused for 23 seconds—an eternity in TV time—before answering. I could tell it was the first time he'd really thought about it.

"My mother was always nice when she took me to the doctor." He paused again. His eyes welled. "I guess I imagined if I became a doctor,

she would be nice to me."

And so through the power of words, this man's humanity touches my own and helps me understand what another brilliant storyteller, the lawyer Bryan Stevenson, says in his eye-opening memoir, *Just Mercy*: "Each of us is more than the worst thing we've ever done."

Reading Shaka's book opened my heart space and led me to Bryan's tale of justice and redemption. "We all need mercy, we all need justice, and—perhaps—we all need some measure of unmerited grace," he says.

I finished Bryan's book and wondered, *What more can I do to bring mercy, justice, and grace into this world?* That's the power of words—of a story told so well, you're enlarged by its meaning.



SEE FOR YOURSELF

TO READ AN EXCERPT FROM SHAKA SENGHOR'S *WRITING MY WRONGS*, DOWNLOAD THE O APP.



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